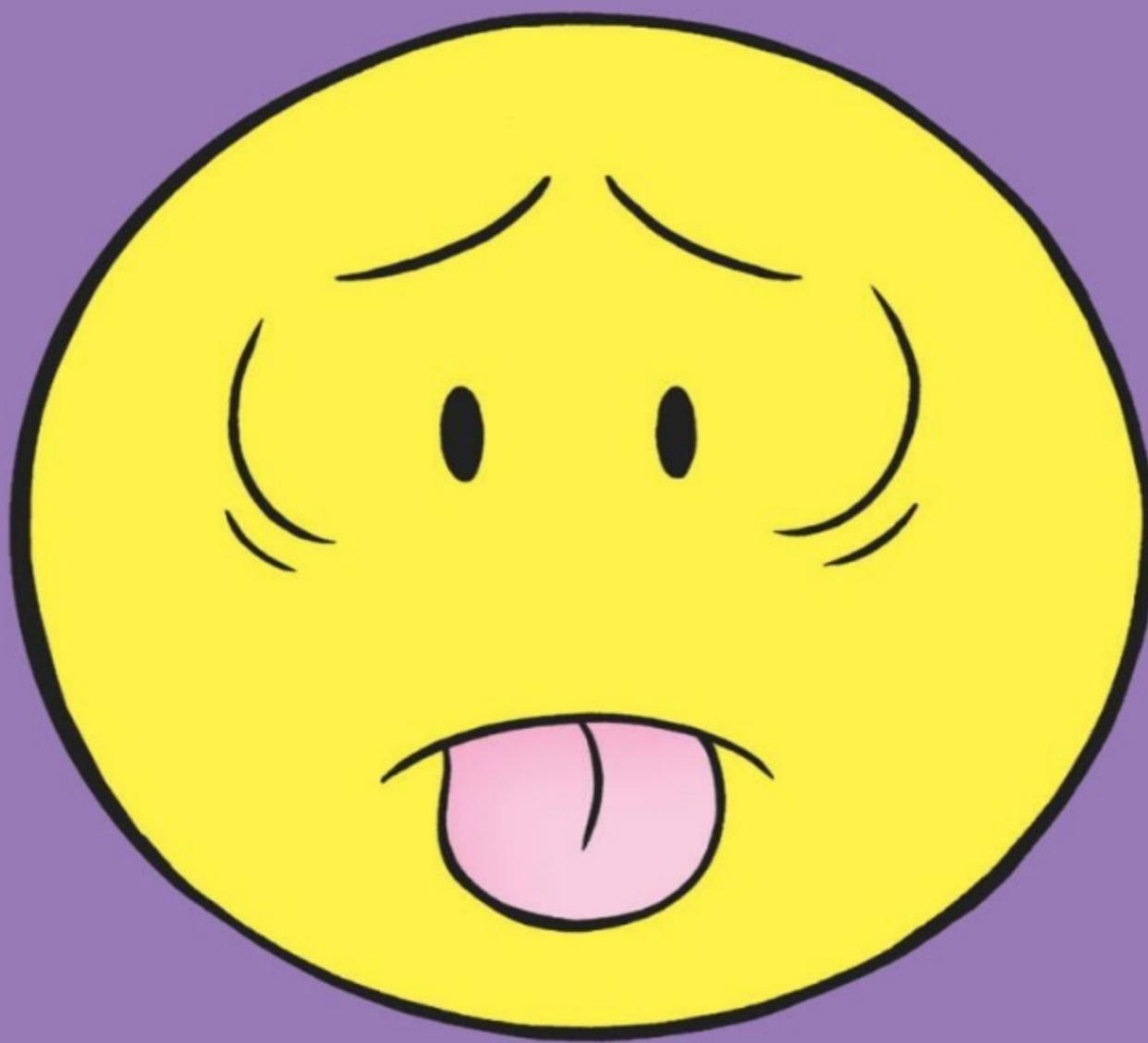
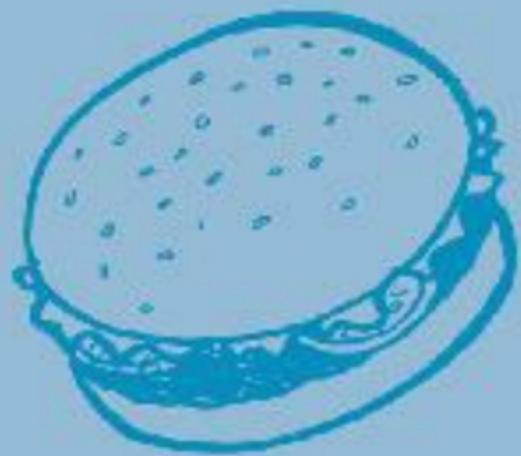


The companion to the #1 New York Times Bestseller *Smile*
Raina Telgemeier



Guts

 SCHOLASTIC



Guts



Guts

Raina Telgemeier

with color by Braden Lamb

The logo for graphix, featuring the word "graphix" in a white, lowercase, sans-serif font inside a white, rounded rectangular speech bubble.

An imprint of

 SCHOLASTIC

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This graphic novel is based on personal experiences, though certain
characters, places, and incidents have been modified in service
of the story.

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For anyone who feels afraid













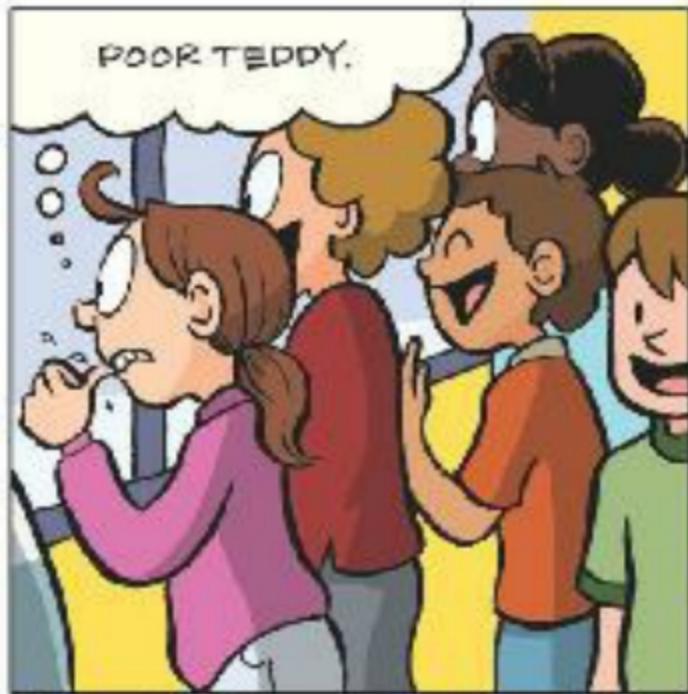












I WAS A NERVOUS KID.

Chew

SELF-CONSCIOUS.

Tug
Tug

SHY.

QUIET ...

MOST OF THE TIME.

CHECK OUT CALVIN'S
EXPRESSION IN THE THIRD
PANEL! ISN'T THAT
GREAT?!

I SWEAR YOU HAVE TO LOOK IN A
MIRROR SOMETIMES TO SEE
HOW FACES REACT.

THIS REMINDS ME
OF A CARTOON I SAW ON
TV THE OTHER DAY ...

UGH, YOU NERDS AND YOUR STUPID CARTOONS.

TECHNICALLY, THIS IS A COMIC STRIP. SEE?



OKAY, MISS TECHNICALITY. WHAT'S THAT YOU'RE EATING FOR LUNCH TODAY?

DOG FOOD?



WHATEVER, MICHELLE! THIS IS KIMBAP AND JOMUK BAP!

MY MOM MADE IT! IT'S REALLY GOOD!



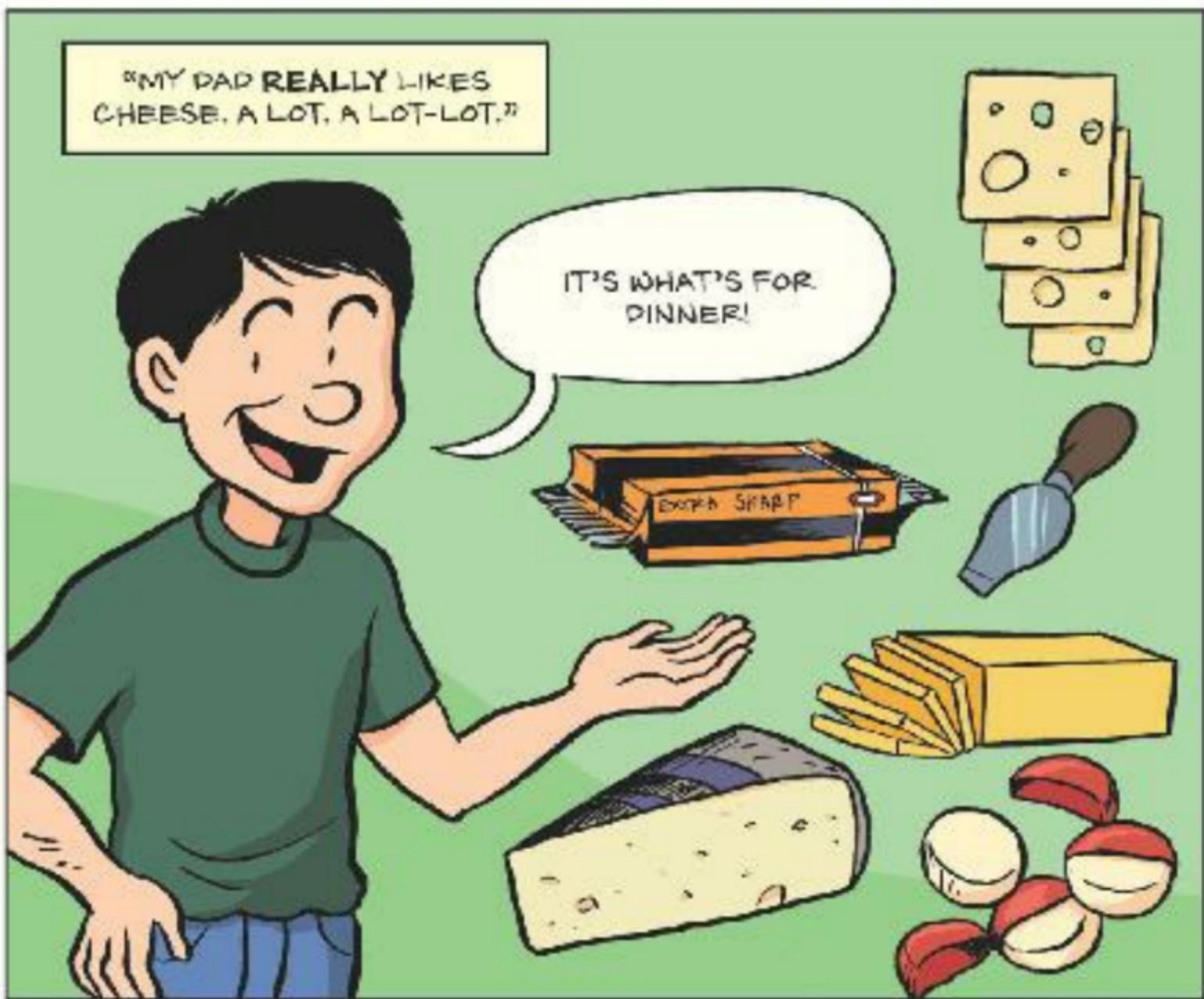


"MY LITTLE BROTHER, WILL, IS ONLY ONE AND A HALF. HE EATS BABY CARROTS, TACO SHELLS, GRATED CHEDDAR CHEESE, AND RAIN SPAGHETTI. THAT'S IT."



"MY SISTER, AMARA, IS FIVE. SHE LIKES SALAD. AND FRENCH FRIES. AND KETCHUP. SOOO MUCH KETCHUP. SHE'LL EAT PIZZA, BUT SHE RIPS THE CHEESE OFF FIRST."





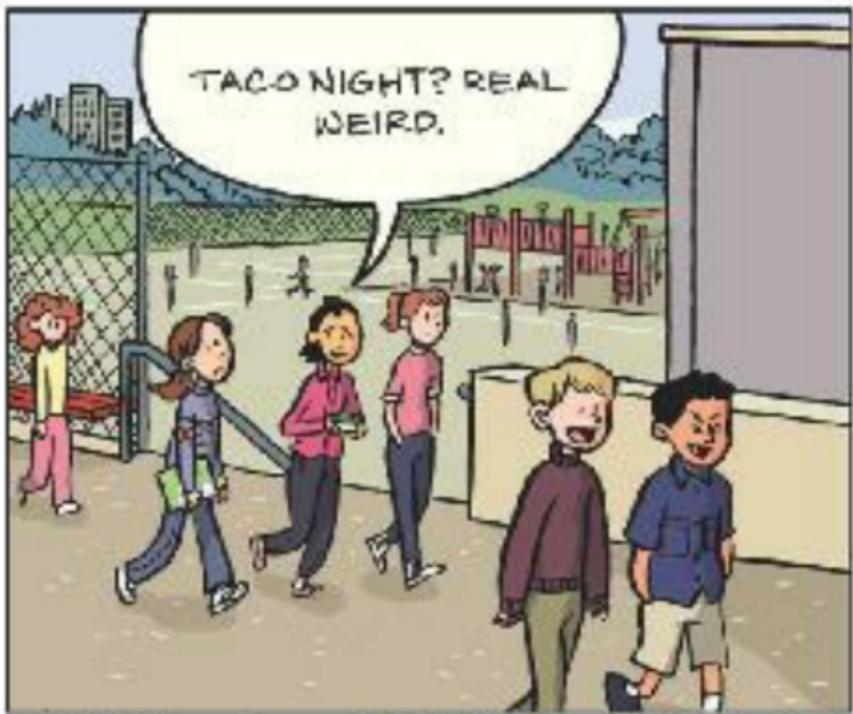
"MY MOM'S PERFECT MEAL -- GET THIS -- IS A GLASS OF MILK, A STEAMED ARTICHOKE, AND MAYONNAISE."

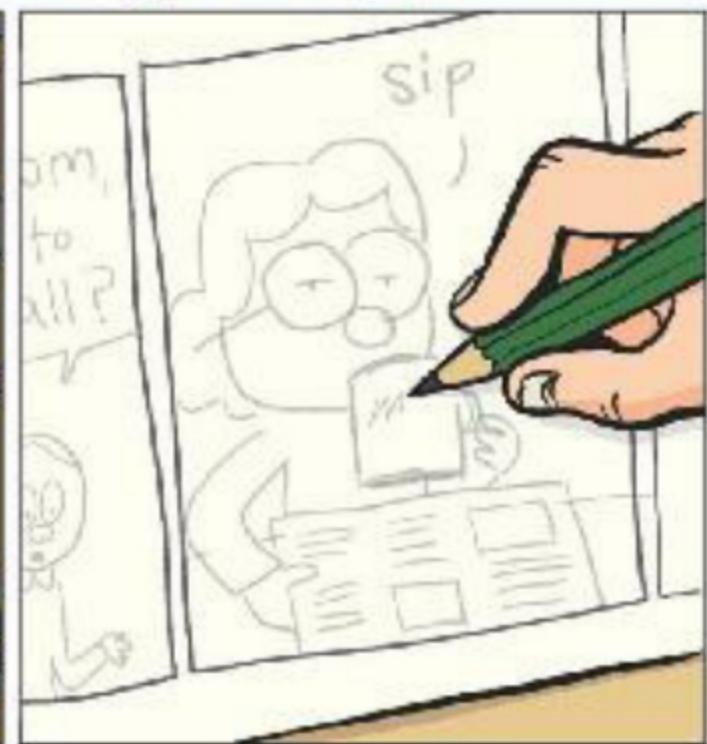


ANATOMY

of a "normal dinner" at our house











I DIDN'T
PUKE.



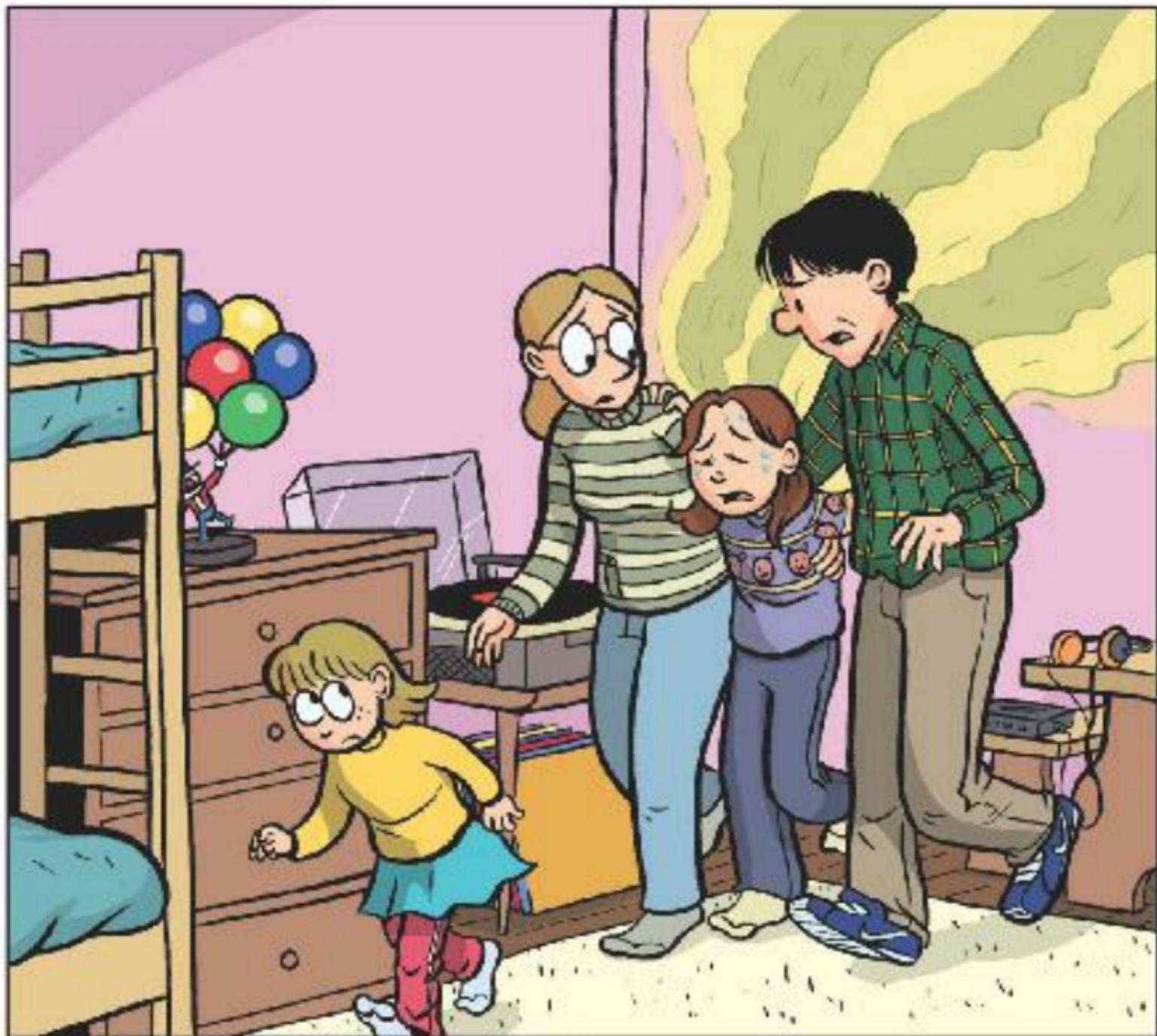
BUT THE THOUGHT
THAT I MIGHT ...

GASP!

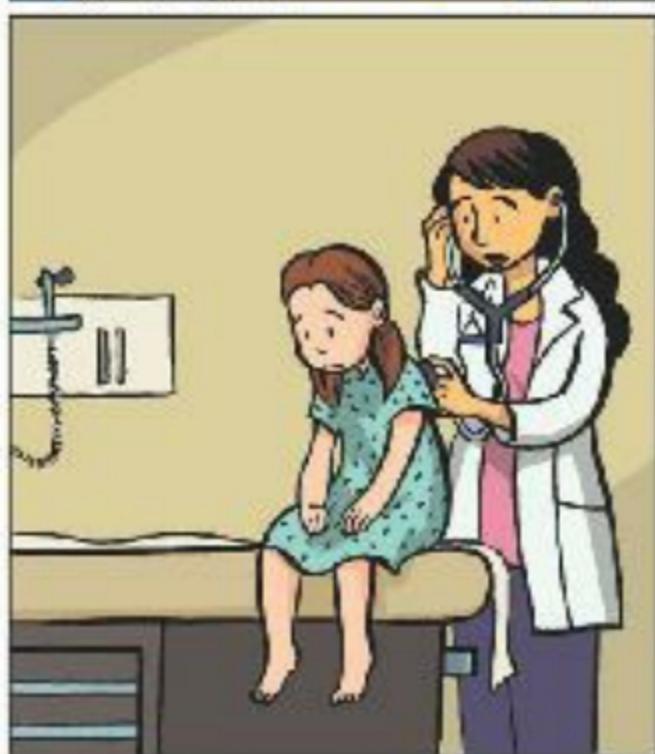
AHHHHHHHHH!!!

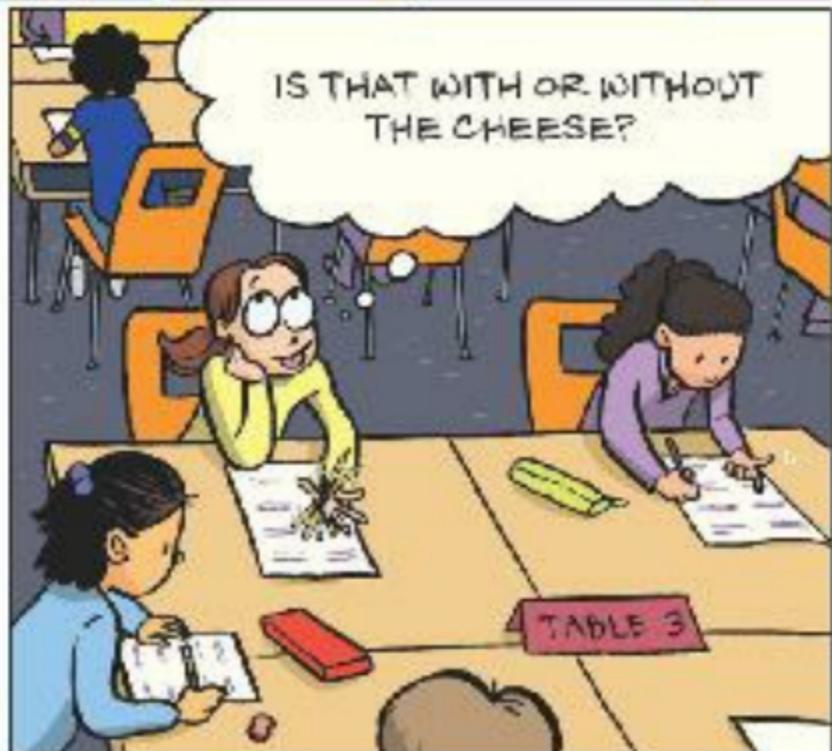
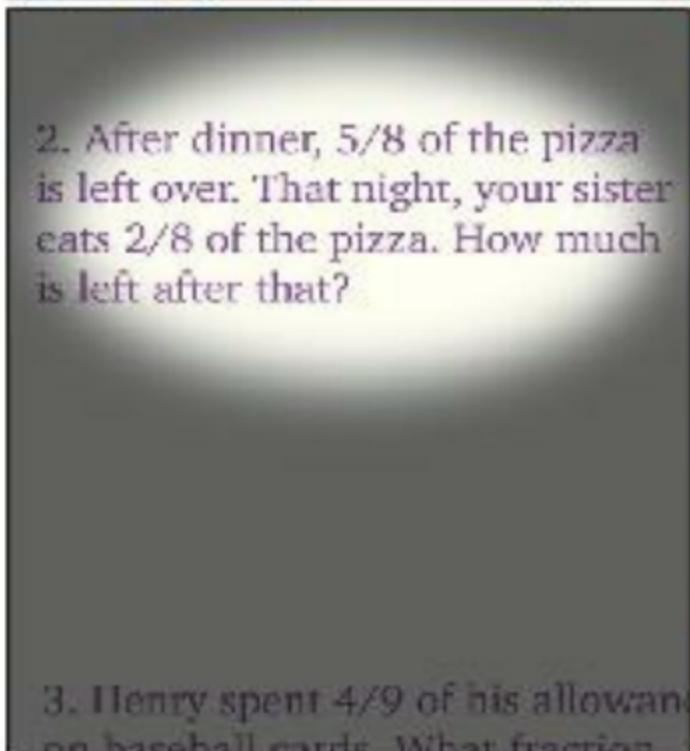
WAS WORSE THAN IF
I ACTUALLY HAD.

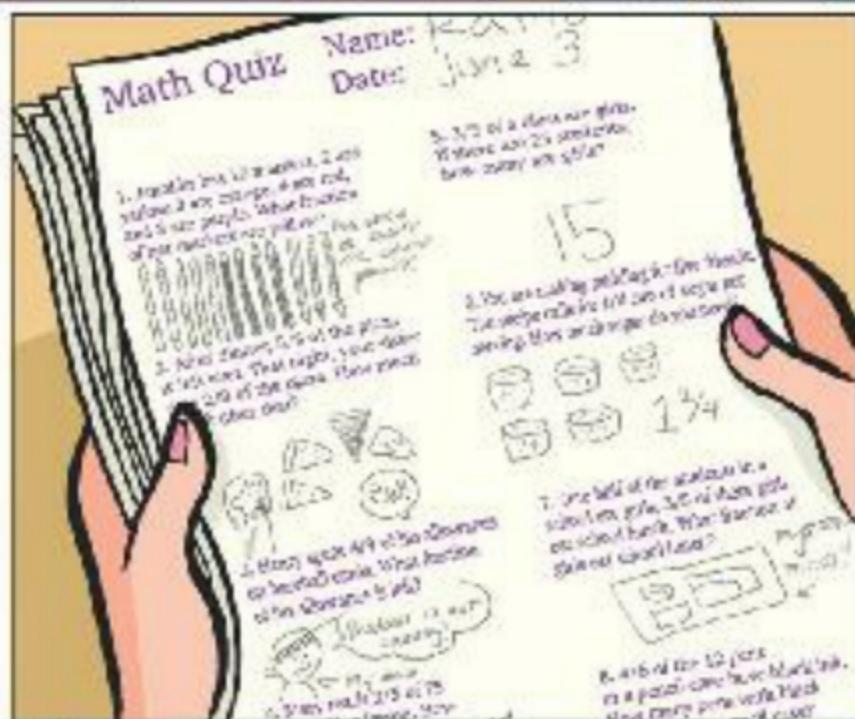












THE NEXT DAY

RAINA, YOU ONLY ANSWERED TWO OUT OF EIGHT QUESTIONS.

IS EVERYTHING OKAY AT HOME?

shrug

ALL YOUR LITTLE DRAWINGS ARE VERY NICE... YOU'RE A VISUAL PROBLEM SOLVER.

BUT I STILL CAN'T GIVE YOU A GRADE HIGHER THAN A D-MINUS.

MY STOMACH HURTS.







FIFTH GRADE (AND KINDERGARTEN FOR MY SISTER!) STARTED IN SEPTEMBER.



JANE AND NICOLE WERE IN MY CLASS AGAIN!

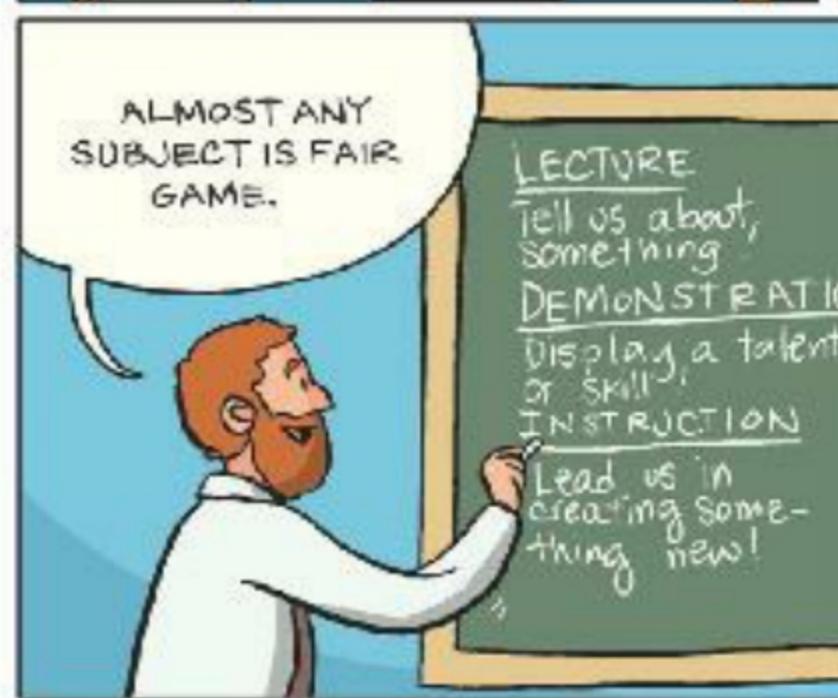
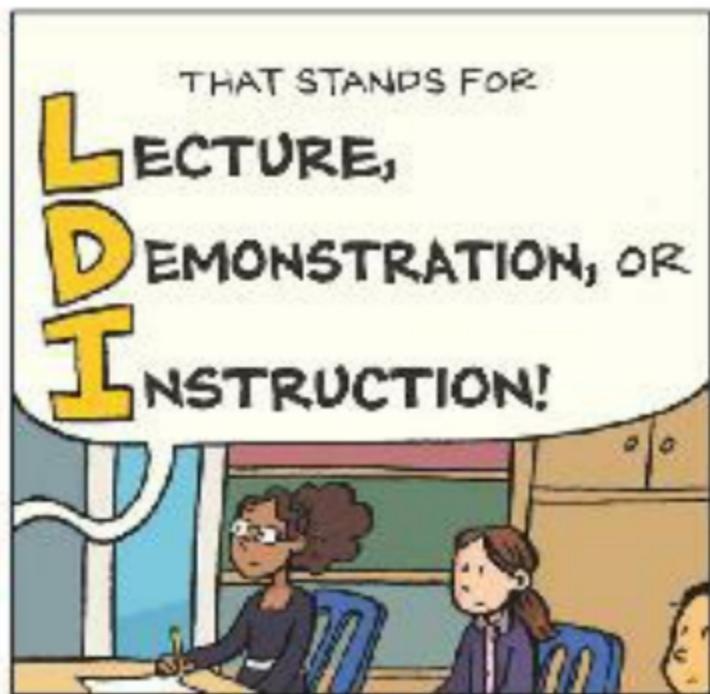
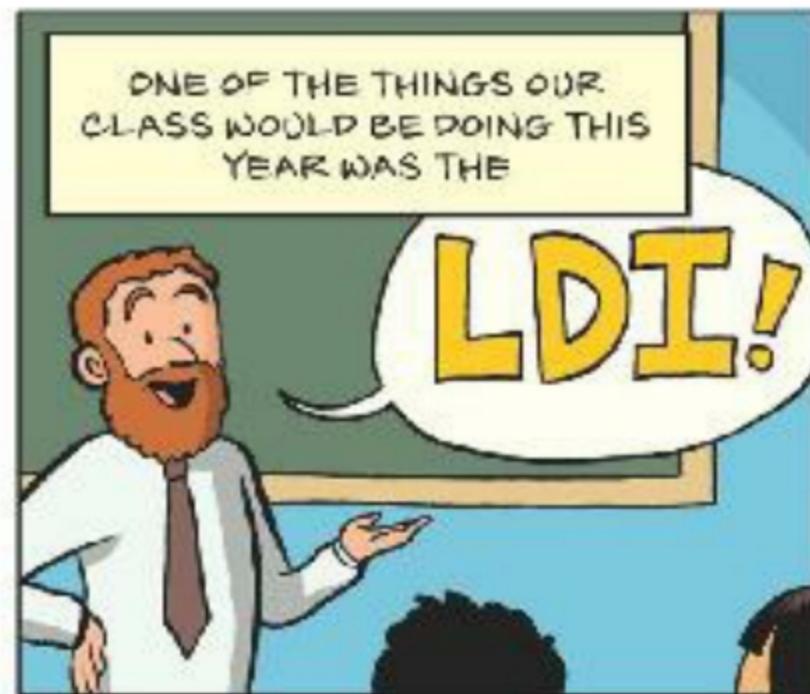


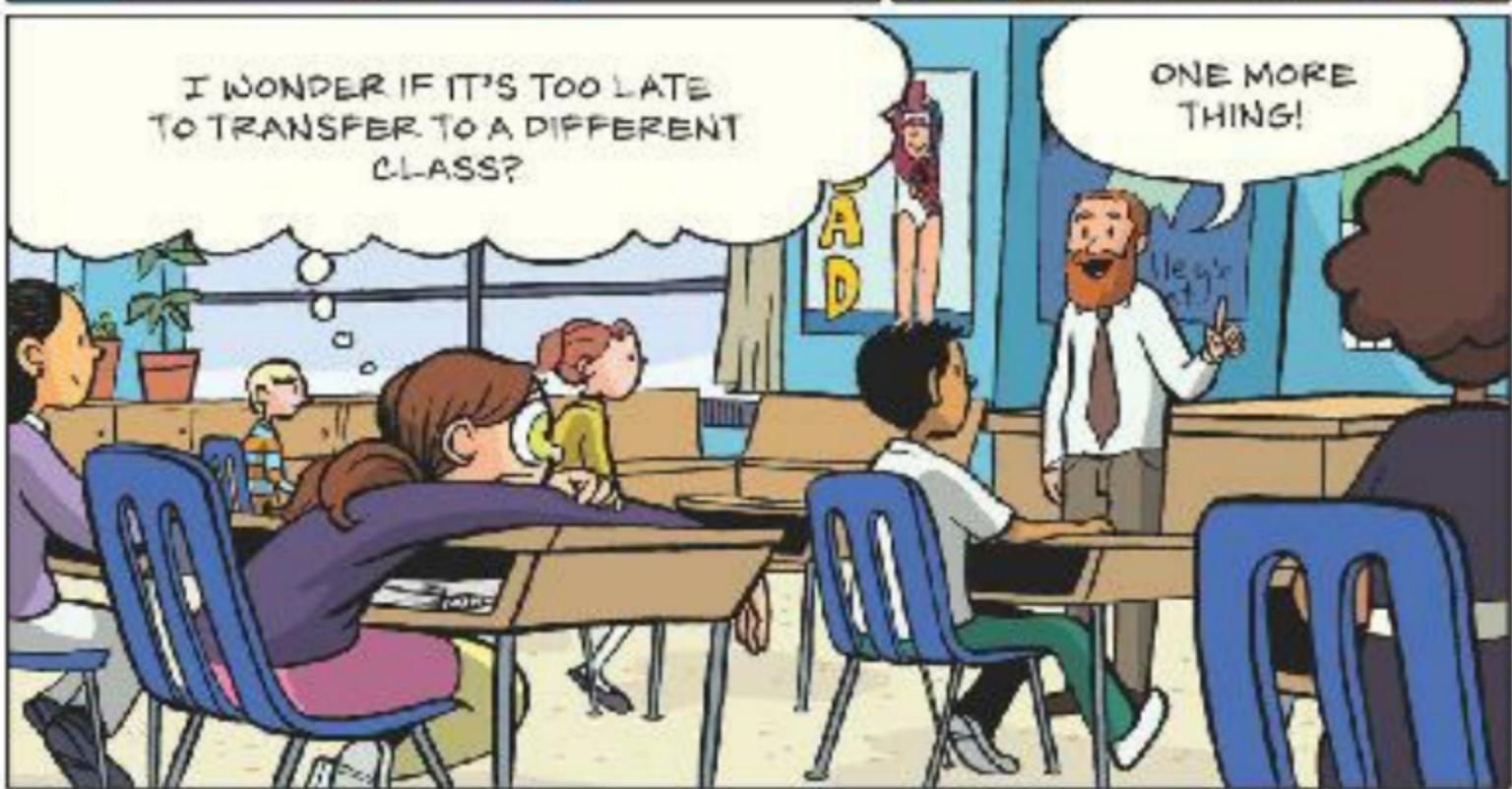
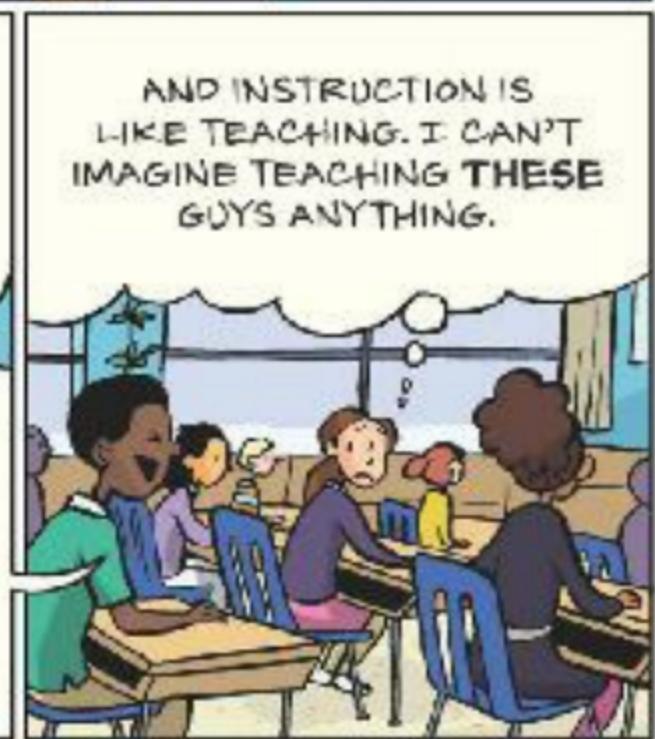
MICHELLE, TOO.

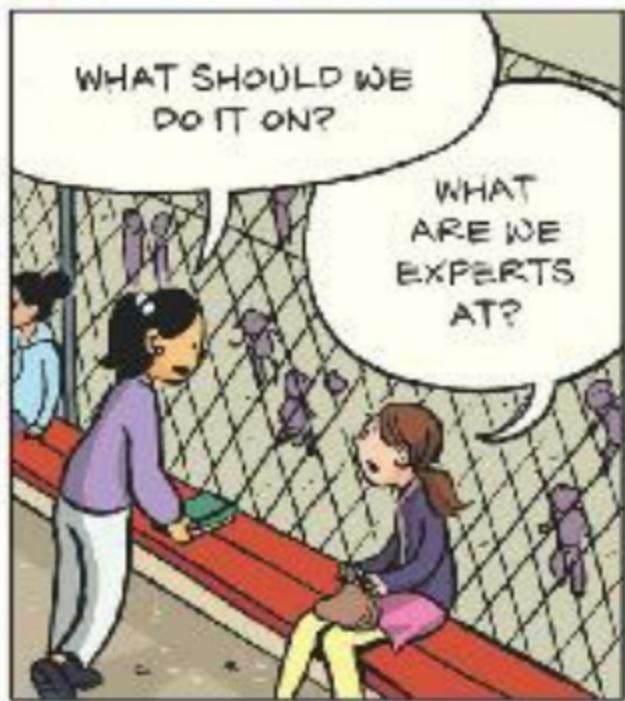


MY TEACHER WAS MR. ABRAMS -- WHO I'D ACTUALLY HAD FOR SECOND GRADE, TOO.









WHAT DO WE HAVE IN
COMMON?

WE'RE BOTH...
GIRLS...

YEAH...

WE BOTH HAVE YOUNGER SIBLINGS...
WE BOTH LIKE FULL HOUSE...
WE'RE BOTH...



GIRL SCOUTS!!



THE GIRL SCOUTS OF
AMERICA WAS FOUNDED IN 1912
BY JULIETTE GORDON LOW IN
SAVANNAH, GEORGIA.



THIS IS WHAT THE GIRL SCOUT
LOGO LOOKS LIKE!



RAINA AND I ARE BOTH IN TROOP 415. I JOINED LAST YEAR...

SO FAR, SO GOOD.

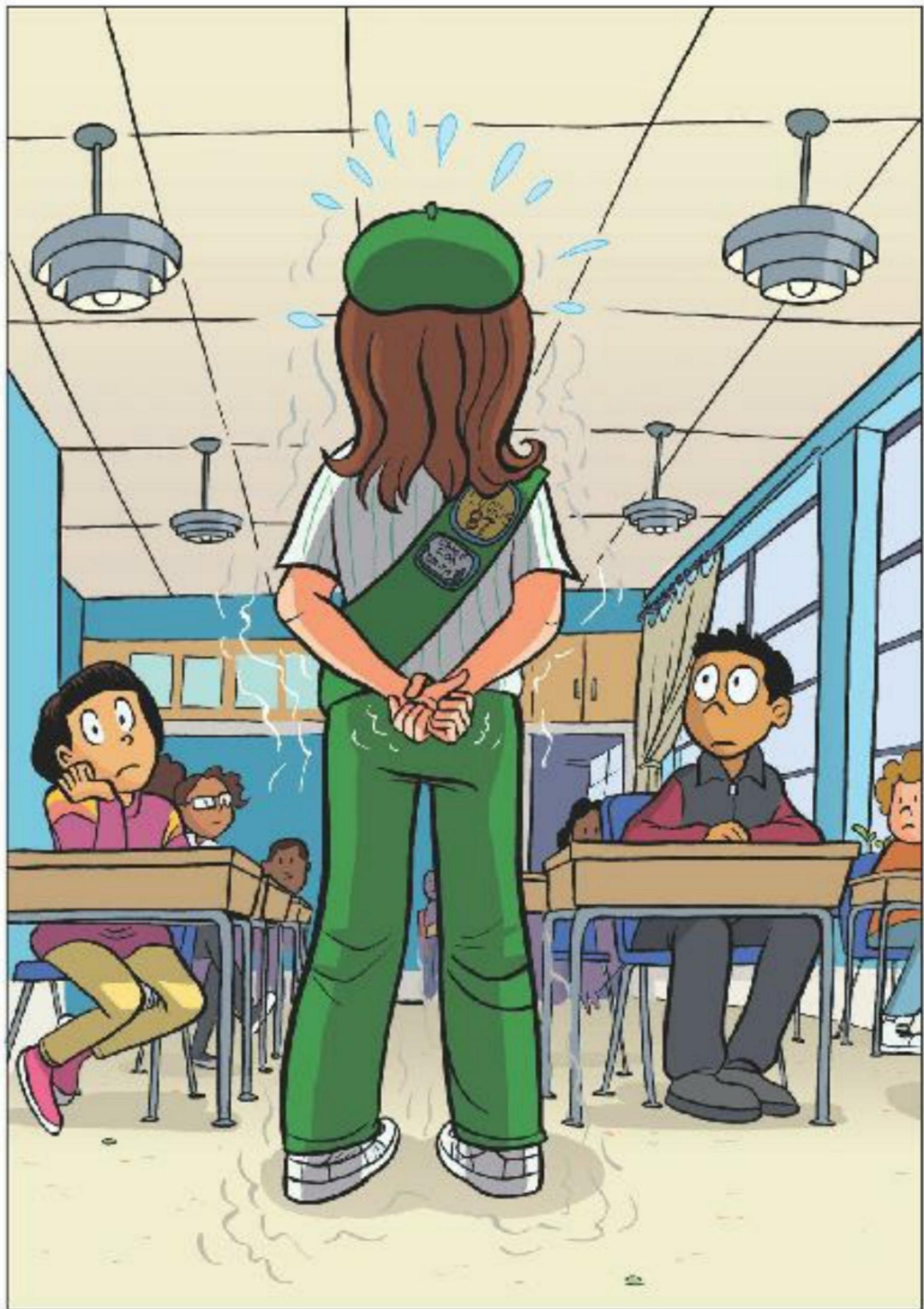
WE DO ALL SORTS OF NEAT THINGS. CAMPING, VOLUNTEERING, COOKIE SALES...

AND THE BEST PART: EARNING BADGES!

RAINA'S GOING TO TELL YOU ALL ABOUT THEM!

...

gulp









YOU CAN JOIN ANDRE AND SERENA
HERE IN THE SIDE
ROOM.

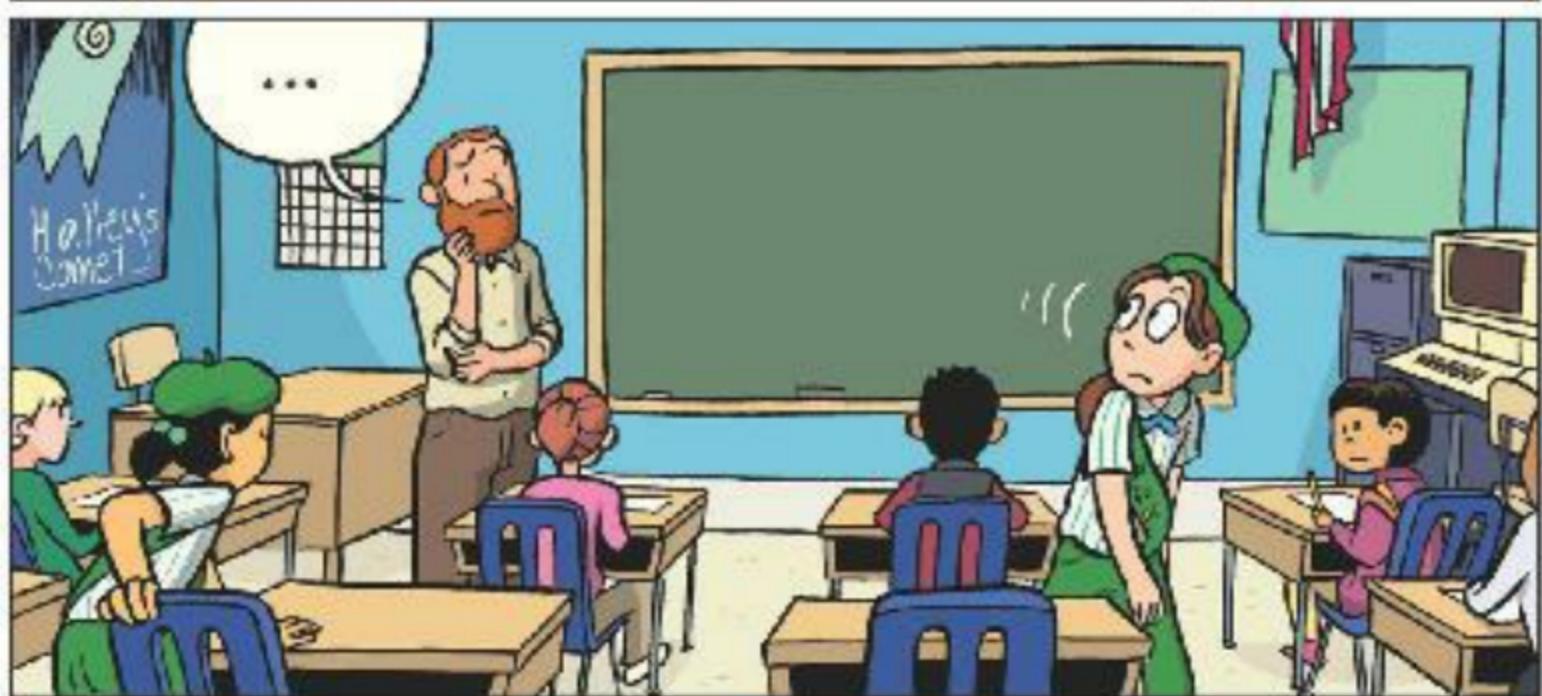
THEY BOTH HAVE THE
STOMACH FLU, TOO.

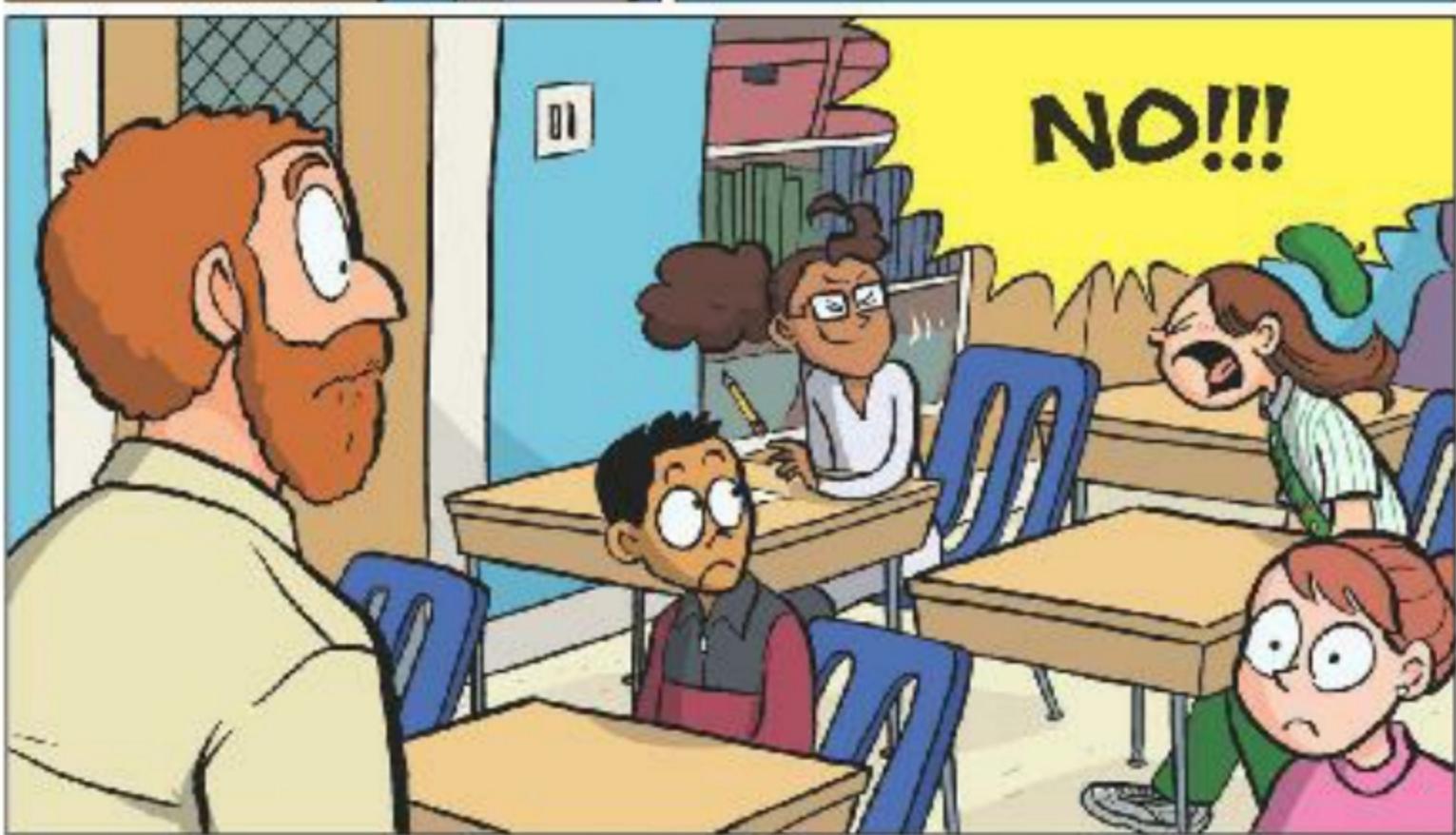


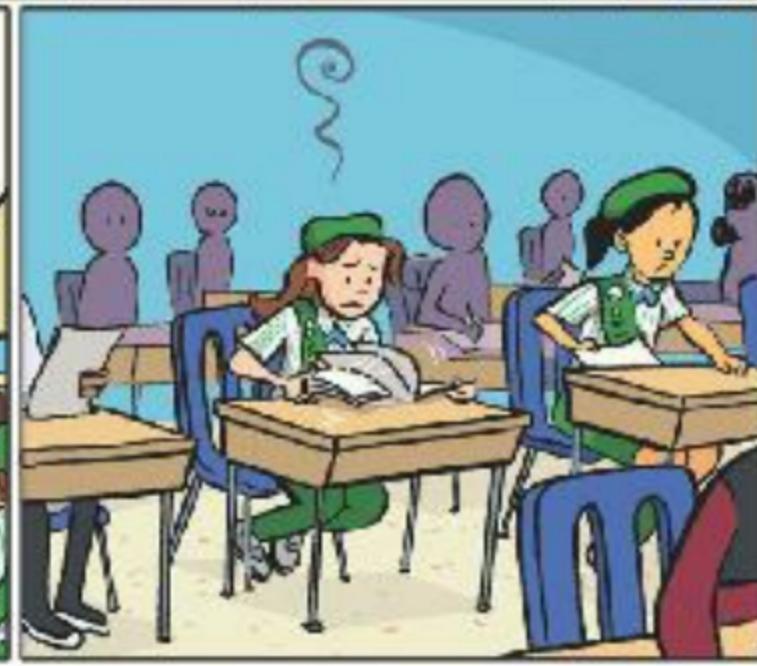
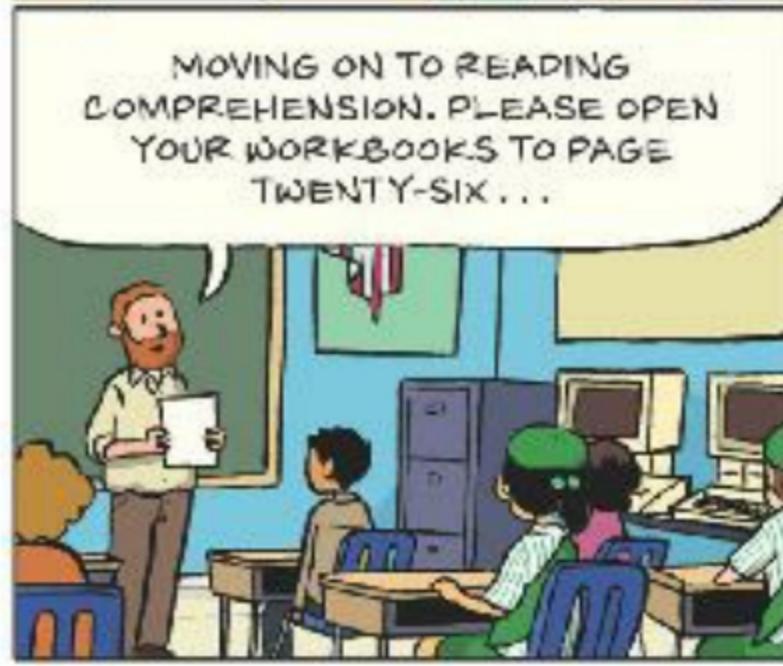
The dreaded BARF BUCKET.





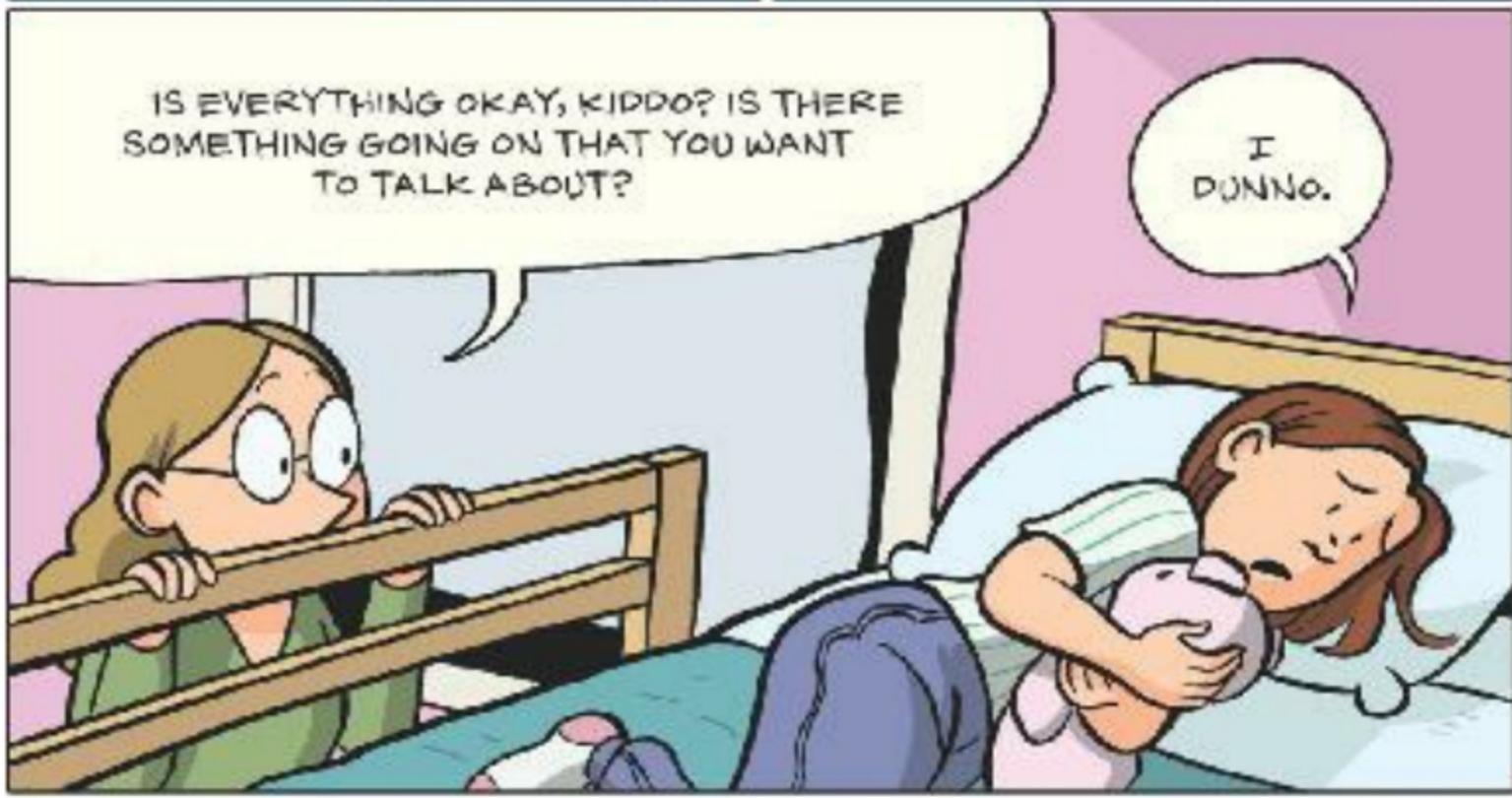




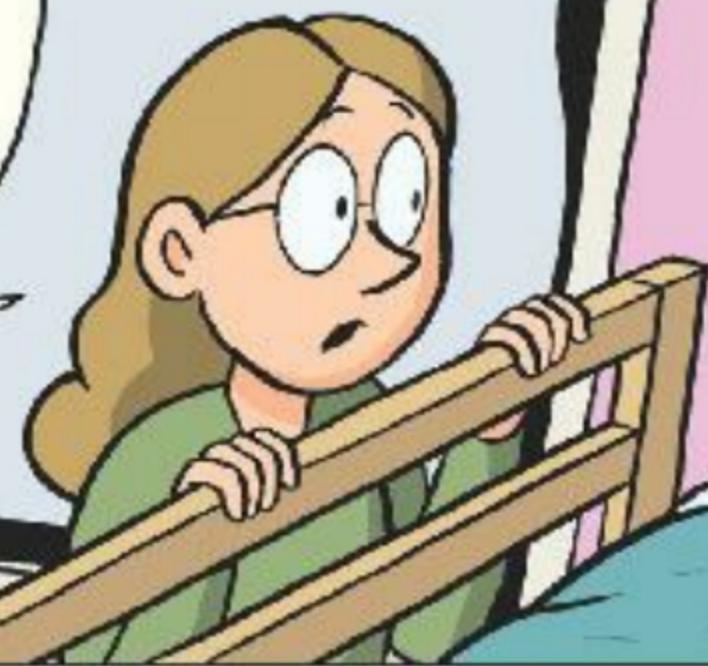






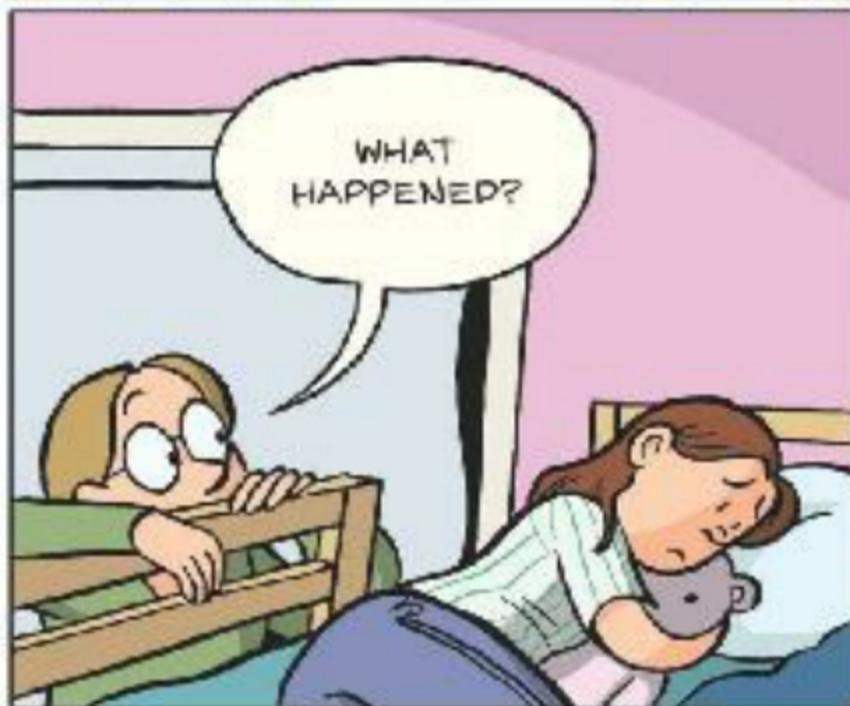


MR. ABRAMS'S NOTE SAID THAT JANE WILL GET AN A FOR THE LDI, BUT HE CAN ONLY GIVE YOU A B-MINUS BECAUSE YOU DIDN'T GIVE YOUR PORTION OF THE ORAL REPORT.



WHAT HAPPENED?

I JUST... GOT
REALLY NERVOUS FOR
SOME REASON!



I THOUGHT I WAS GONNA PUKE!

BUT... YOU DIDN'T!



NO... INSTEAD I JUST HAD
TO GO TO THE BATHROOM
REALLY BAD.

"NUMBER
TWO."

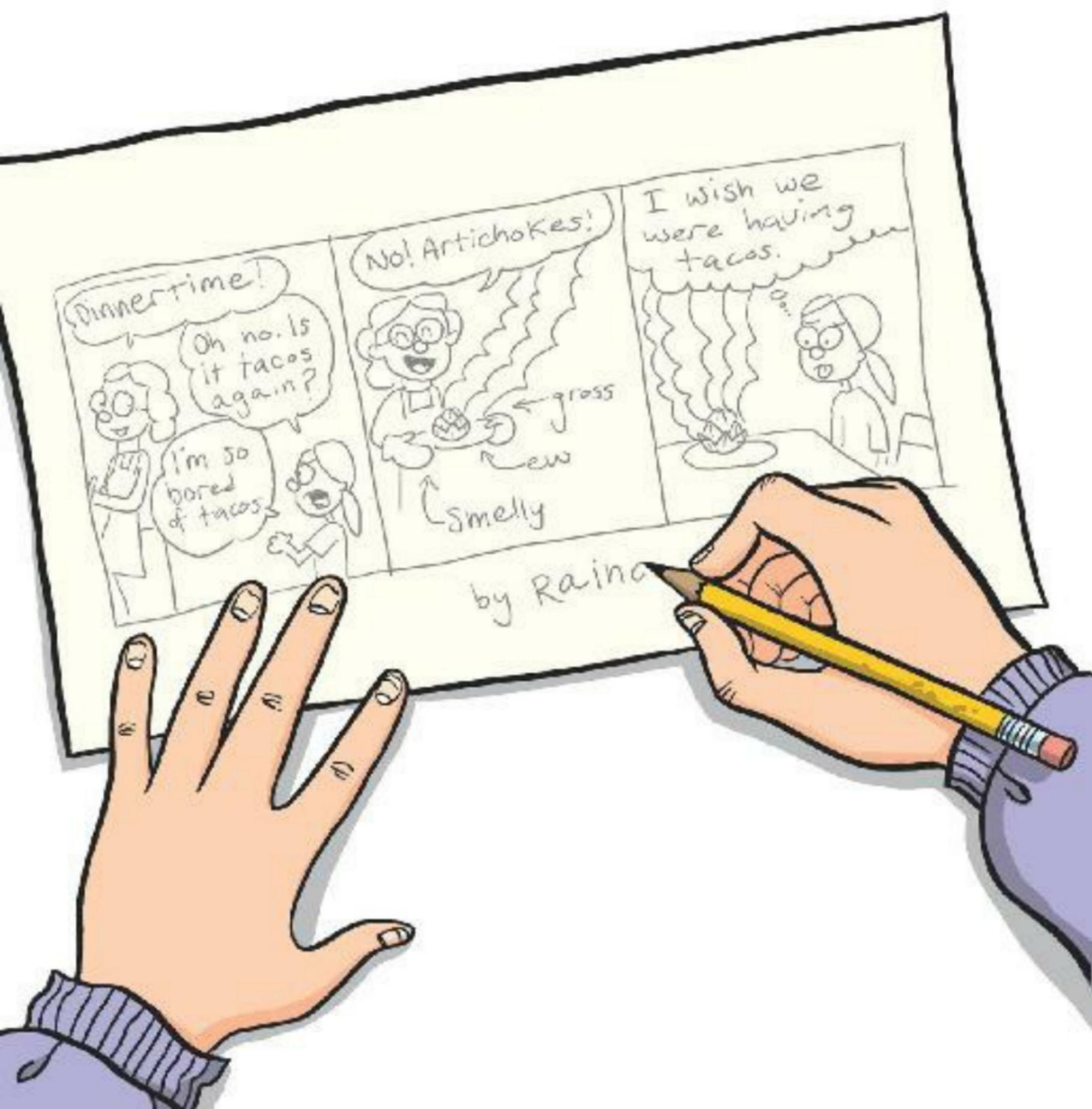
I'LL TALK TO YOUR TEACHER, OKAY? FOR
NOW JUST TRY AND GET SOME REST.

DON'T
TELL HIM
TOO MANY
DETAILS.

I DON'T WANT EVERYONE
TO THINK I'M A POOPY
DIAPER BABY.







by Raina





THE REST OF US STILL HAVE
TO EAT, RAINA.

BUT WHAT IF WE
CATCH IT?

CHANCES ARE,
WE WON'T.

YOU DON'T
KNOW THAT!

RAINA?

SLAM

GASP!

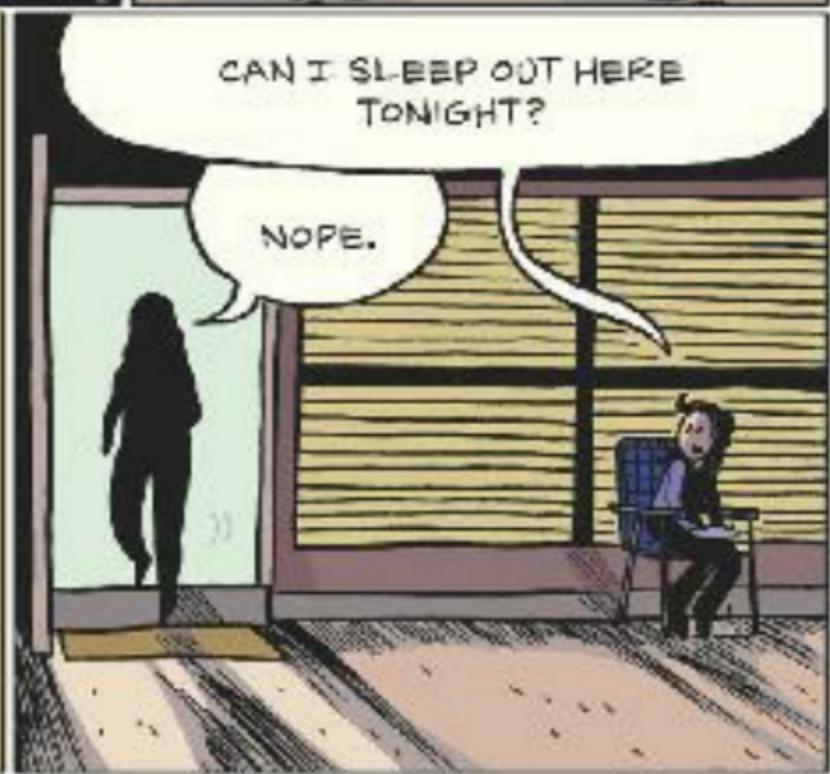


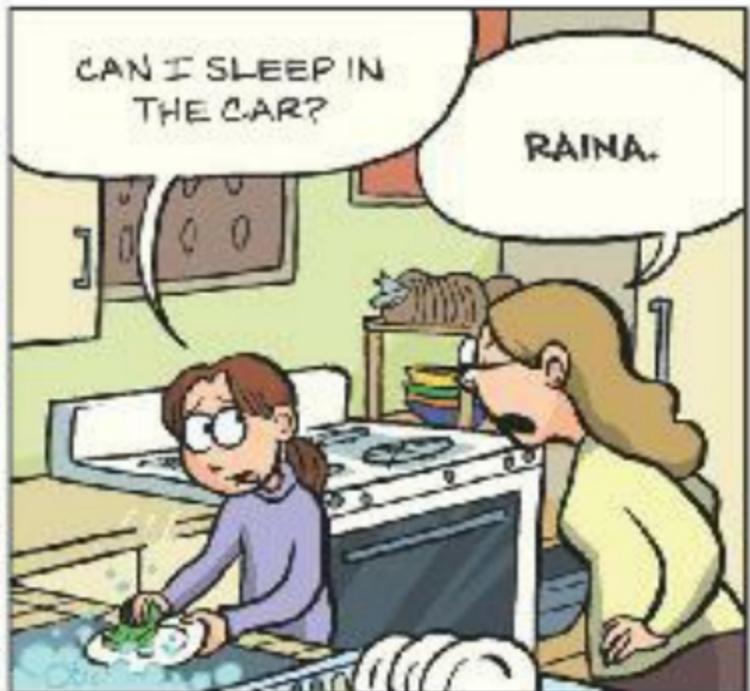
ONE TIME AROUND THE
COURTYARD... TWO TIMES AROUND
THE COURTYARD...

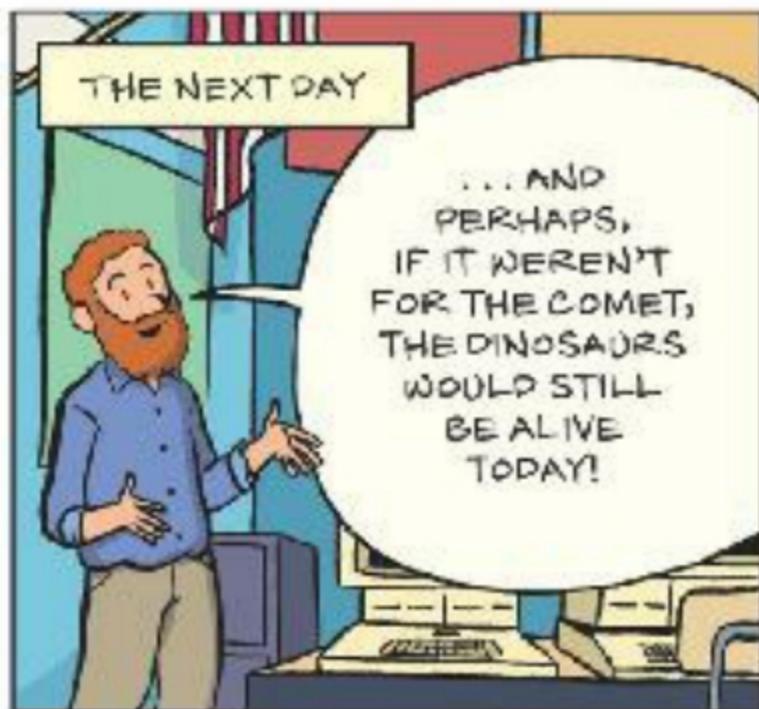
THREE...
FOUR...















SOB SOB SOB
I HATE THAT WORD
AAAAAAHHHHHH
SOB SOB
SOB

BUT VOMITING
IS JUST A NORMAL
THING PEOPLE DO
SOMETIMES!

COME INSIDE,
HONEY.

NOOOOO! THE HOUSE IS
CONTAMINATED!

WILL IS COMPLETELY
FINE. C'MON.

NOOOOOOOOOOOOOOOOO...

YES. YOU'RE
EXHAUSTED.



I WAS MISSING TOO MUCH SCHOOL.

I MADE YOU A HOT WATER BOTTLE.

BUT SCHOOL WAS THE LAST PLACE I WANTED TO BE.

CAN YOU BE SICK EVEN IF YOU'RE NOT SICK?

CAN YOU BE HEALTHY EVEN IF YOU HURT?





YOUR MOM AND DAD HAVE SPOKEN TO ME ABOUT WHAT'S BEEN GOING ON.

I'LL MEET WITH THEM OCCASIONALLY TO CHECK IN. BUT!



THIS IS ALL ABOUT YOU. I WANT TO MAKE SURE YOU FEEL COMFORTABLE HERE!



THANK YOU, MRS. TELGEMEIER! SEE YOU IN A BIT.

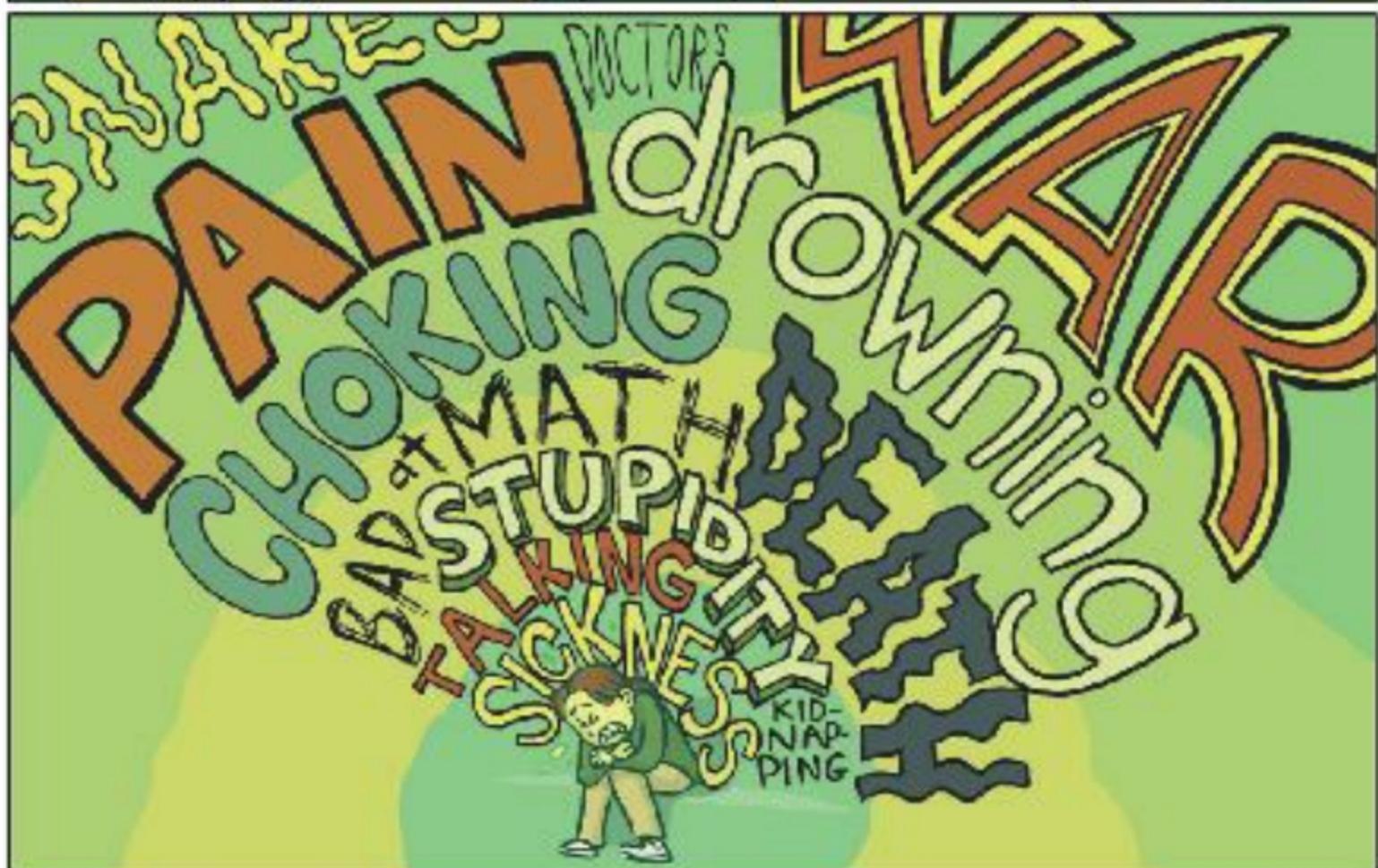
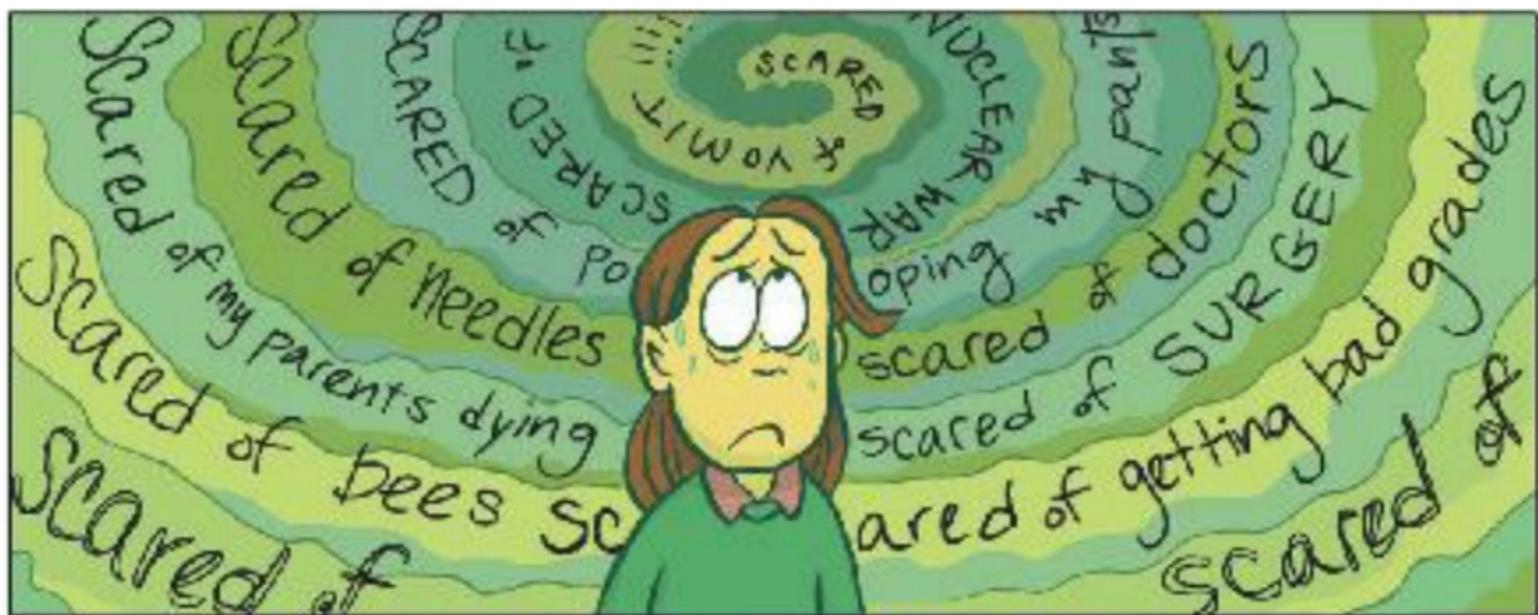


CLick!













BUT WORDS DO NOT
ALWAYS EXIST.



HOWEVER, ONE
WORD LAUREN SAID
HELPED A LOT:



TRY.

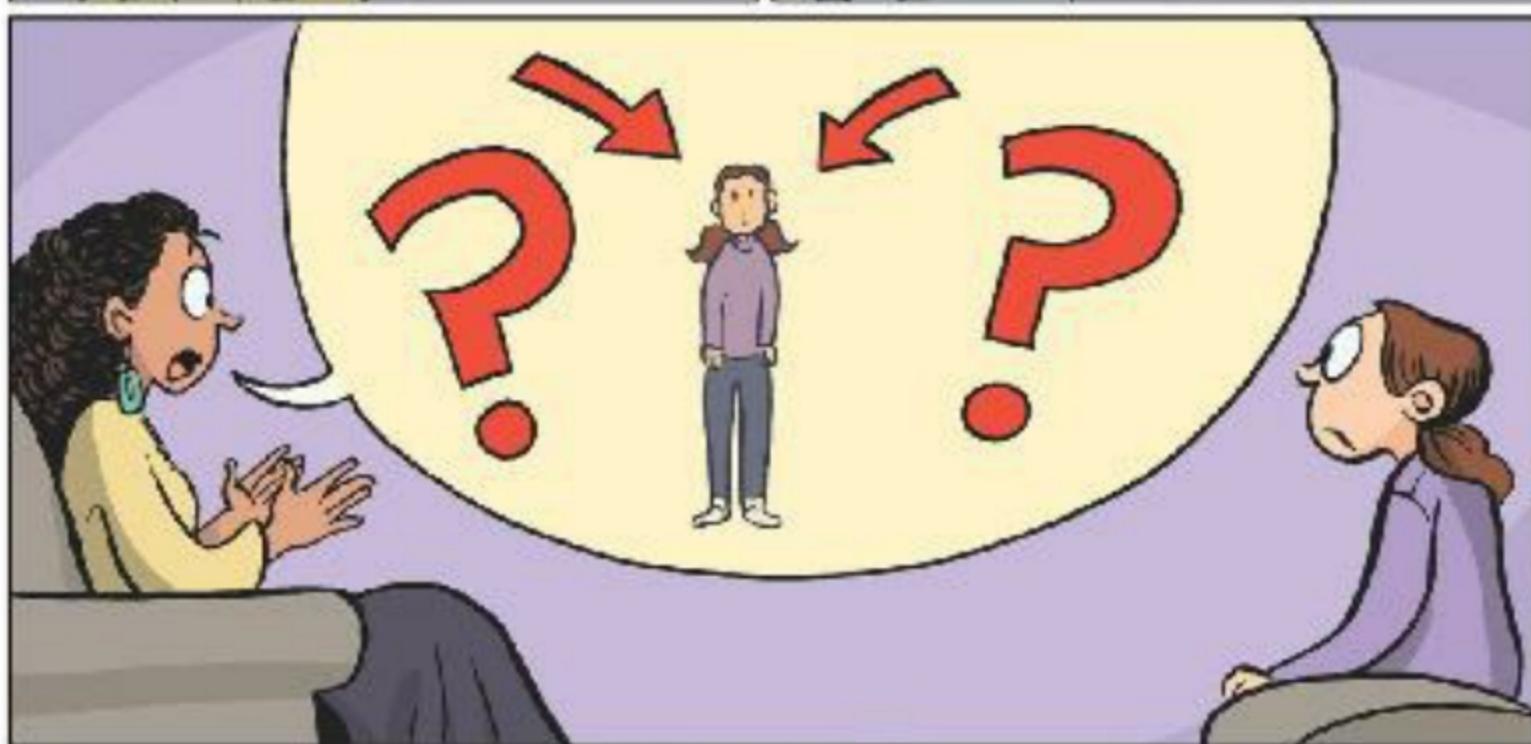






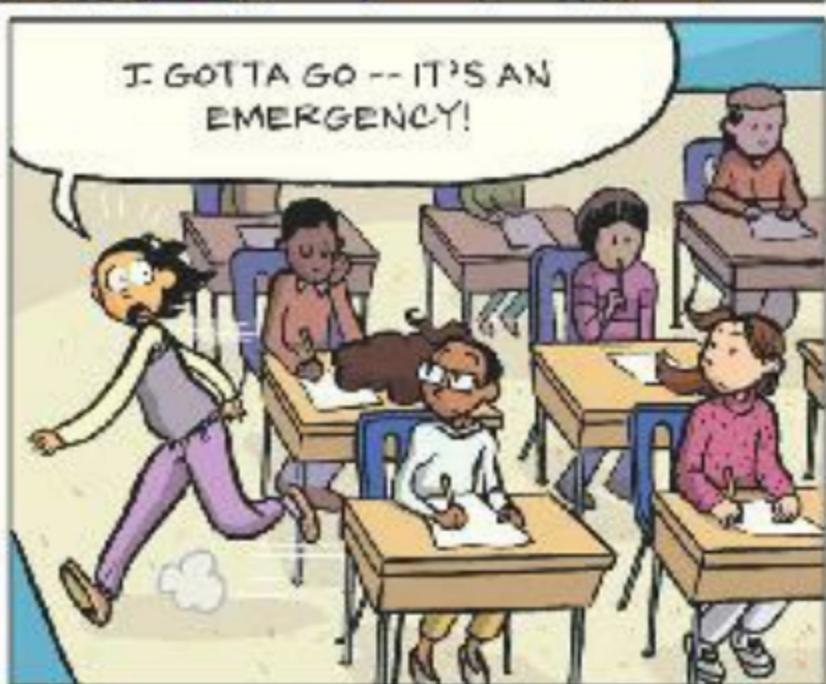












OH NO... OH NO... I
SAT NEXT TO HER ON THE
BUS THIS MORNING...



OH NO, WE... WE SHARED SOME OF
HER KIMBAP AT LUNCH TODAY...



SHE PROBABLY BREATHED
ON ME...

AND OUR DESKS
ARE NEXT TO EACH
OTHER...

AND I'M
SUPPOSED TO SLEEP
OVER AT HER HOUSE
THIS WEEKEND...

WHAT IF I'M
NEXT?

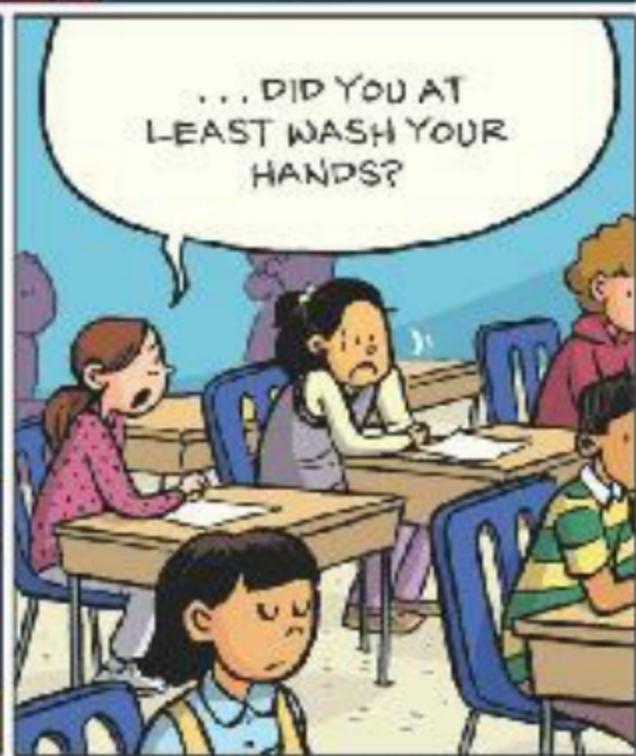
WHAT IF

WHAT IF

**WHAT
IF ...**

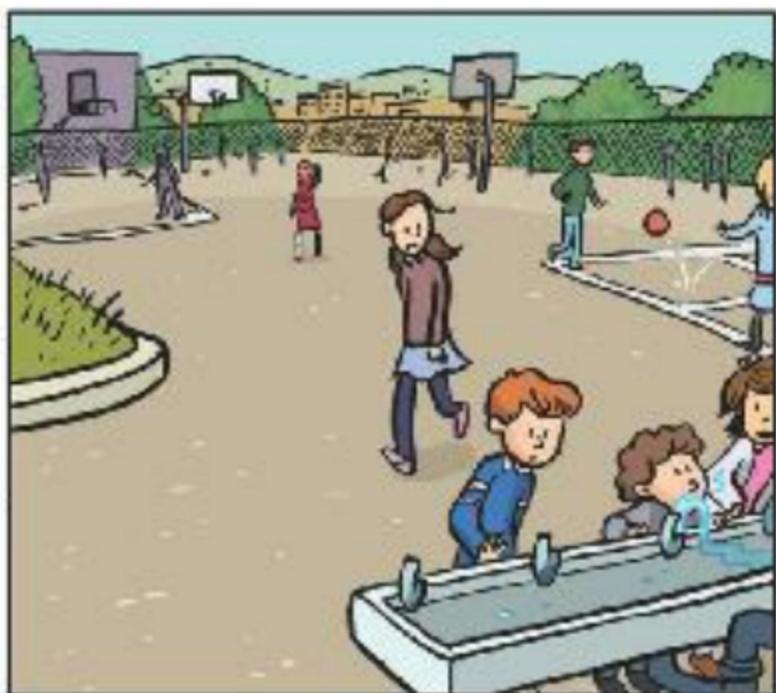
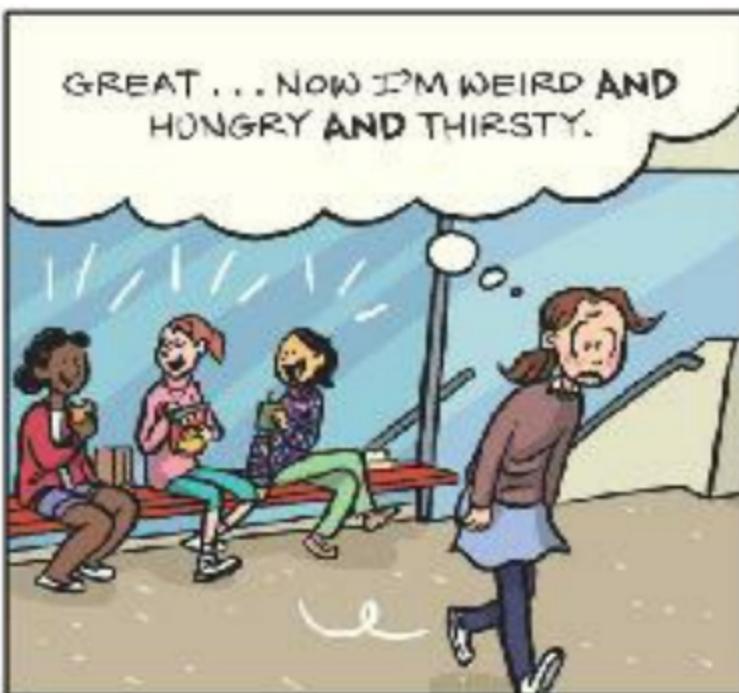








GREAT... NOW I'M WEIRD AND HUNGRY AND THIRSTY.



COFFEE... TEA... MILKSHAKE...

Pee



WHATEVER, WHO CARES IF MICHELLE SAYS THIS WATER FOUNTAIN IS PEE.



COFFEE... MOUNTAIN DEW... MILKSHAKE...





MICHELLE WAS BUGGING ME AGAIN.

I KNOW THE TWO OF YOU DON'T GET ALONG...

BUT IT'S POSSIBLE THAT YOU DON'T KNOW HER WHOLE STORY.

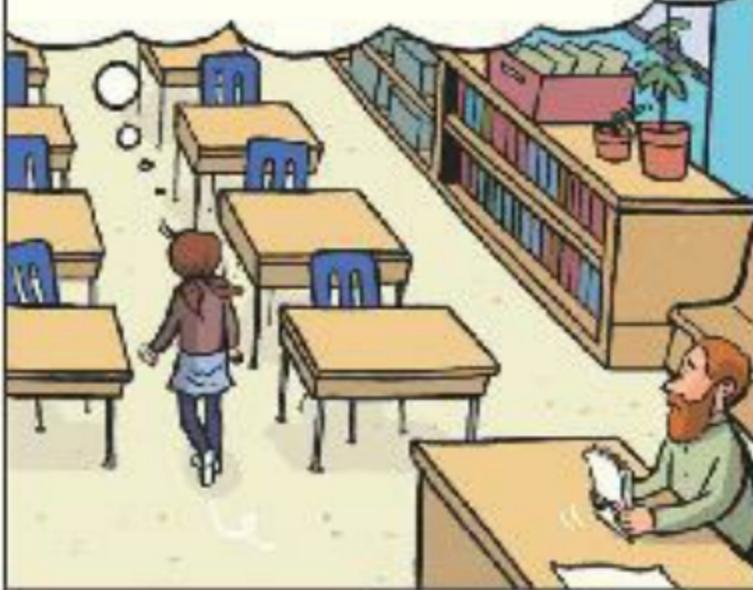
A GREAT THINKER ONCE SAID: "BE KIND, FOR EVERYONE YOU MEET IS FIGHTING A HARD BATTLE."

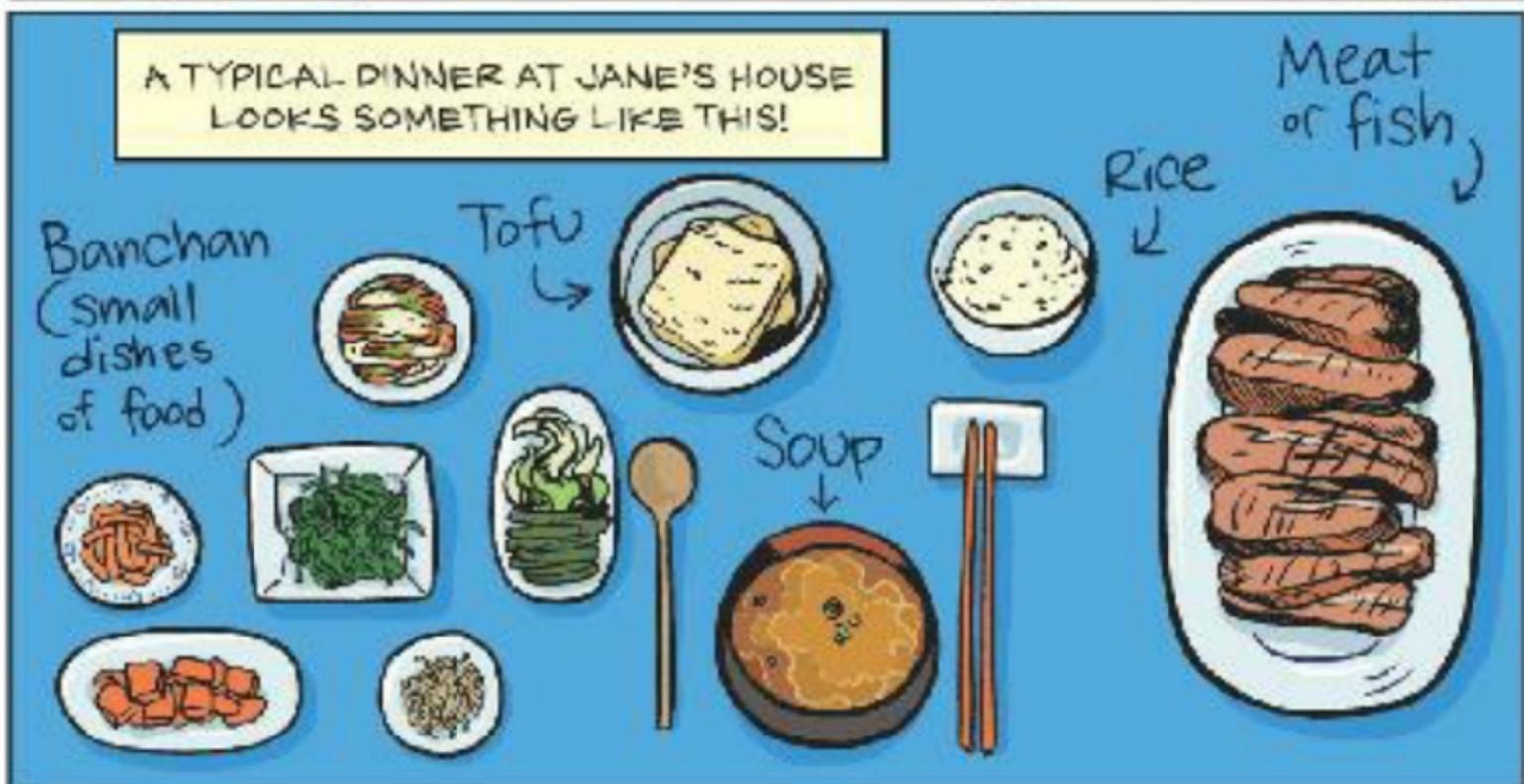
IT DOESN'T DIMINISH YOUR OWN BATTLE...

BUT PERHAPS YOU AND MICHELLE CAN BECOME ALLIES INSTEAD OF ADVERSARIES.

SO, IN NON-TEACHER-SPEAK,
THAT MEANS...

"IF I'M NICE TO YOU, MAYBE YOU
WON'T BE SO MEAN TO ME."







WHAT'S WRONG?

MY FAMILY DOESN'T REALLY
COOK MEAT. I'M NOT USED
TO... WELL... BONES.



HOW 'BOUT A DRIED SQUID
TENTACLE? THESE ARE
SO GOOD.

NO... THAT'S
OKAY.



YOUR
LOSS.















OKAY, FIRST OF ALL,
EVERYONE HAS GAS. YOU, ME,
JANE, EVERYONE.



YES, CERTAIN FOODS
CAUSE GAS...



BUT TOO MUCH OF ANY ONE FOOD IS NEVER GOING
TO BE GREAT FOR YOU.

A VARIETY OF
FOODS IS BEST!



AND IF SOMETHING
IN PARTICULAR DOESN'T
AGREE WITH YOU? BEST
TO AVOID IT!

THAT NIGHT WE WENT TO SIZZLER,
WHICH HAS AN AWESOME ALL-YOU-
CAN-EAT SALAD BAR.



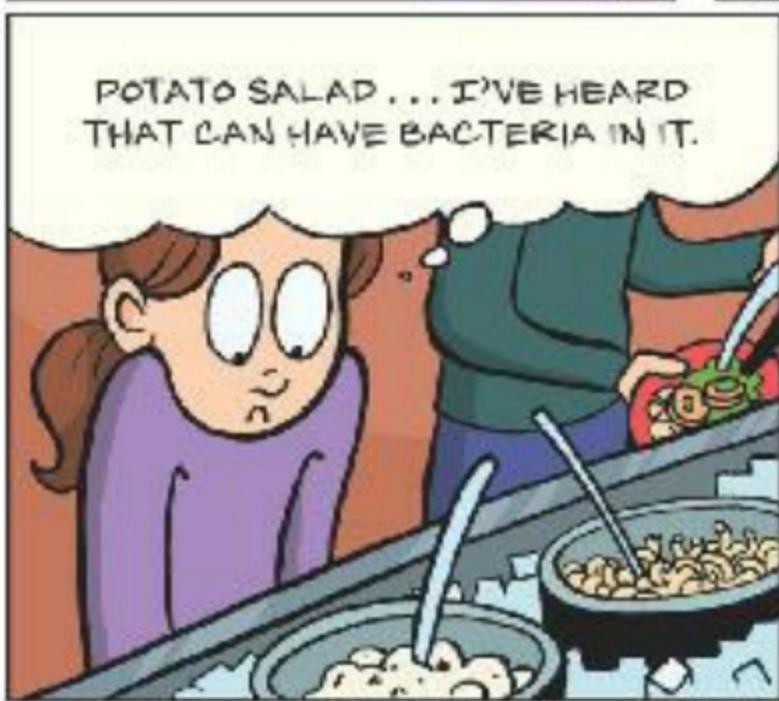
OH, WAIT ... BEANS GIVE
YOU GAS.



CHEESE...
THAT MIGHT BE BAD.



POTATO SALAD ... I'VE HEARD
THAT CAN HAVE BACTERIA IN IT.



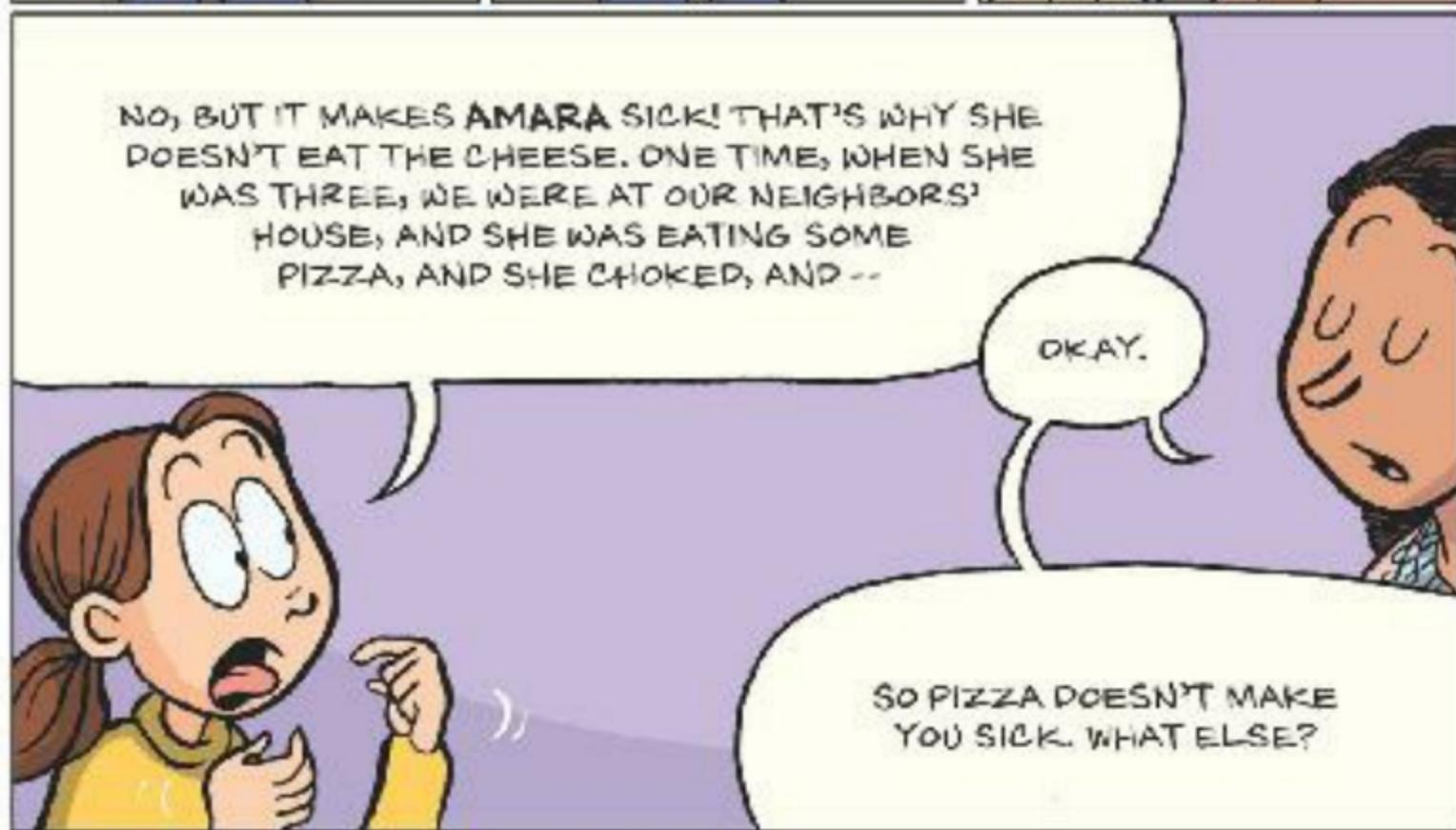
CABBAGE ... NO ...



- Lettuce
- Croutons
- Italian dressing







RAIN, YOU SEEM VERY
PREOCCUPIED WITH THE THINGS
OTHER PEOPLE EAT.

WHY?



... I DUNNO.

YOU REALIZE THAT YOU
ONLY HAVE CONTROL OVER
YOURSELF, RIGHT?

THERE ARE MANY THINGS YOU
SIMPLY HAVE NO CONTROL OVER!



U-U

YEAH...
NO JOKE!!

...



LAUREN EXPLAINED THAT FEARS OFTEN HAVE NO RHYME OR REASON...



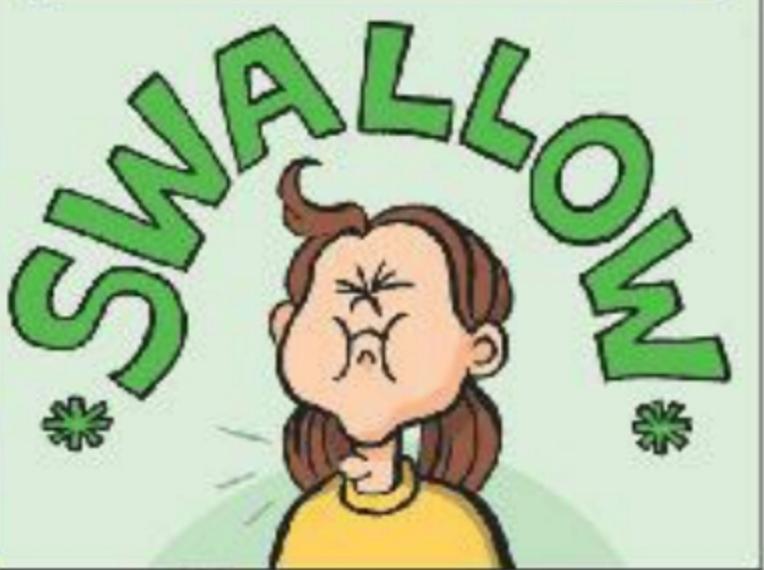
BUT THAT WE ALL HAVE SOME LEVEL OF SELF-CONTROL.

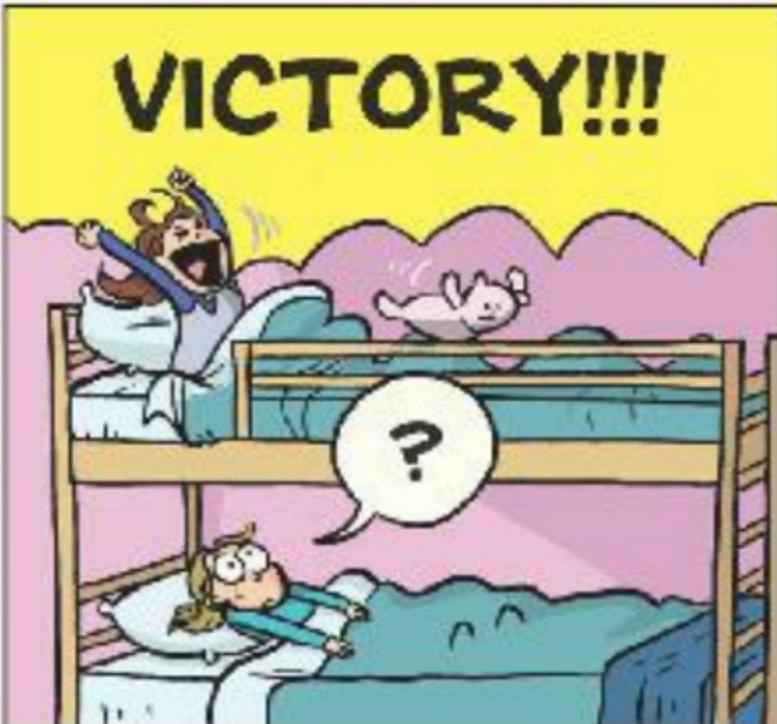
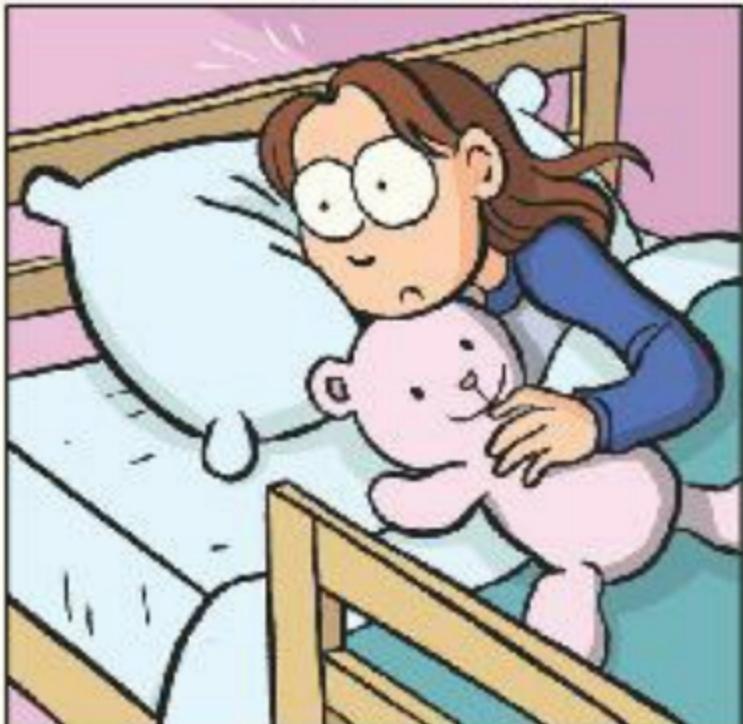


SO MAYBE...



I COULD LEARN TO HAVE CONTROL OVER MY FEARS, TOO.





SHORTLY THEREAFTER
I DISCOVERED:



MARINATED ARTICHOKE
HEARTS ARE GOOD ON SALAD.

- Lettuce
- Croutons
- Italian dressing
- Artichokes!



AND ON PIZZA!



EVEN STRAIGHT
FROM THE JAR!



SO I'M NOT AFRAID
OF EATING ARTICHOKE
HEARTS ANYMORE! ISN'T THAT
COOL? DOES THAT MEAN
I'M CURED??



SOMETIMES WE HAVE THINGS IN LIFE
WE NEED TO WORK ON.

BUT THAT DOESN'T MEAN
WE'RE SICK.

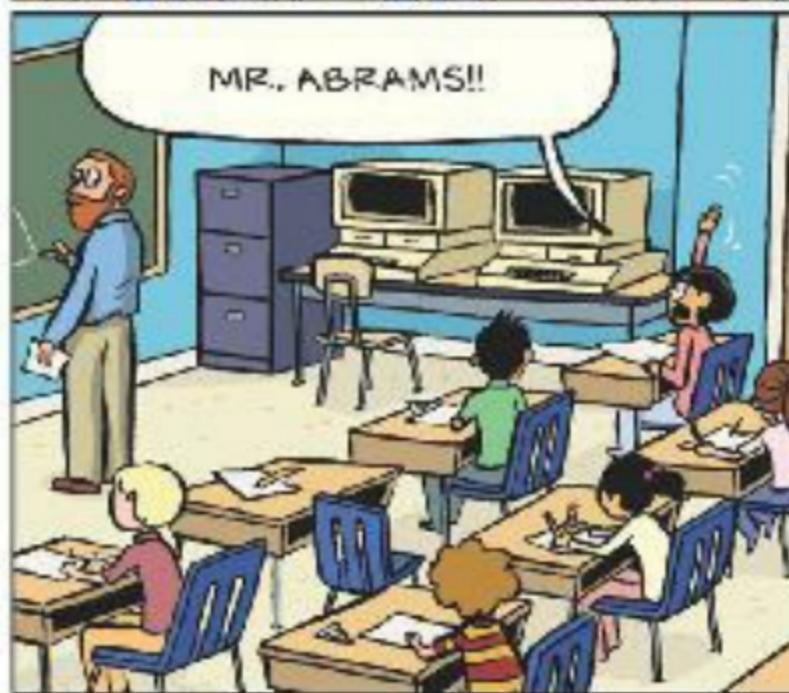
IT'S NOT AS SIMPLE AS
HAVING A PHYSICAL ILLNESS,
OR A CURE.

BUT I'M GLAD YOU'RE EATING
ARTICHOKE AGAIN!

FOOD FOR THOUGHT!







DINA, WHY DON'T YOU GO HOME IF YOU'RE NOT FEELING GOOD?



SIGH.



YOU'RE NOT MATURE ENOUGH TO UNDERSTAND.



RINNNNNNNNG!!!

TWO MORE HOURS
OF CLASS! HOW WILL I
MAKE IT THROUGH?!



LAST YEAR, BODILY FUNCTIONS
WERE COMMON CURRENCY.



THIS YEAR...

IS
THE DOOR
STUCK?

EVERYTHING WAS PRIVATE.

S'nhhhhh
whisper
giggle



A MYSTERY.

BAM

Ha
Ha!
Ha! Ha Ha Ha



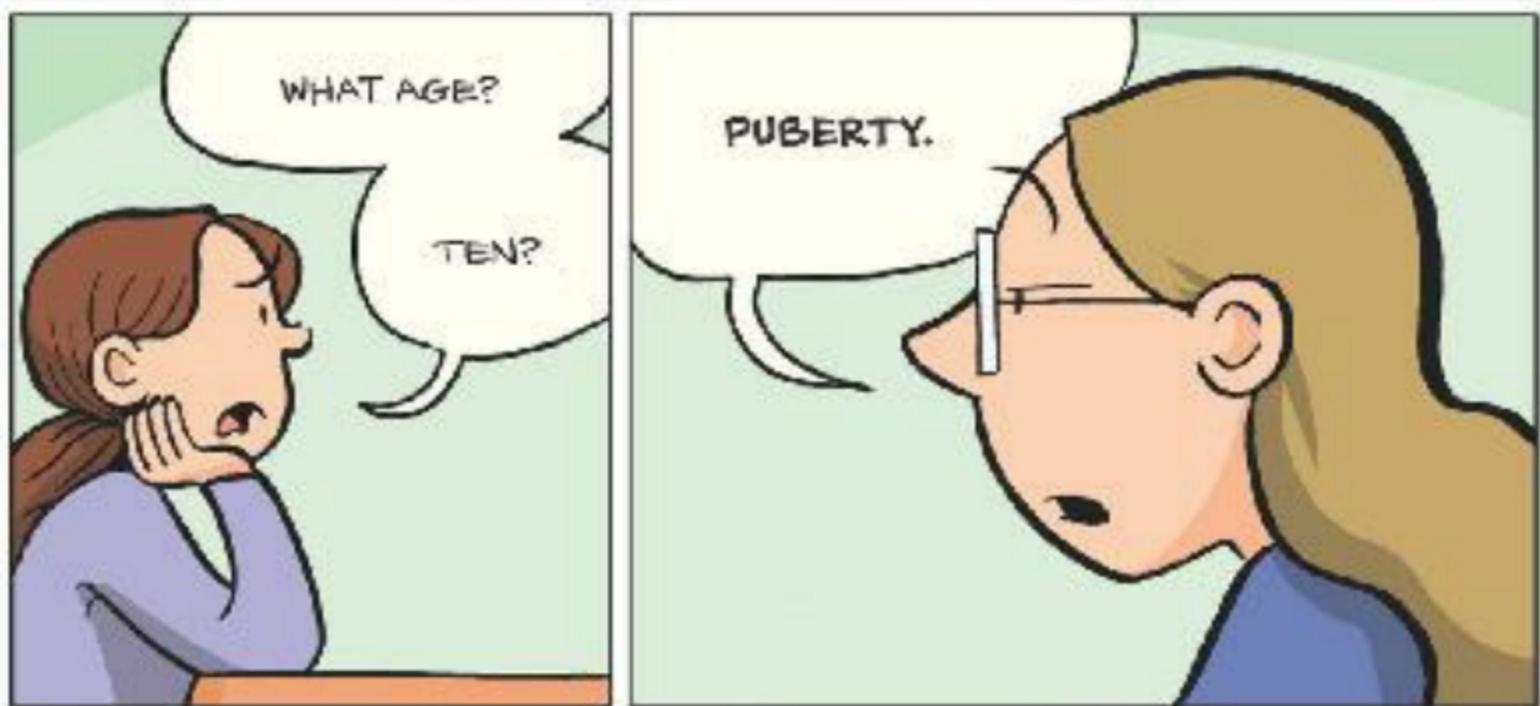
THE BOYS HADN'T GOTTEN THE MEMO YET.

TODAY'S L.D.I.
The Anatomy
of a FART!!
by Tari

BUT IT SEEMED LIKE THE
GIRLS WERE SLOWLY FORMING
A SECRET CLUB...

TO WHICH I WAS NOT INVITED.

SHRUG



I KNEW THE BASICS! YOUR BODY CHANGES. YOUR HORMONES CHANGE.



I GUESS... THAT IS KINDA PERSONAL.



HEY!!!

Ha!

Hee Hee!



WAS PUBERTY TO BLAME FOR
MY STOMACHACHES?



I DON'T KNOW.



WAS PUBERTY TO BLAME FOR MY
SUDDEN PANIC ATTACKS?



I DON'T KNOW!





OKAY, OKAY... A YOUNG PERSON. A MINOR.

BETTER.

SO, IS SOMETHING WRONG WITH ME?

dip

LAUREN JUST THINKS YOU COULD USE A LITTLE MORE SPACE.

rustle

YOU'VE SHARED A BEDROOM SINCE AMARA WAS BORN!

SO, WHAT -- ARE ALL FOUR OF YOU GOING TO SHARE A ROOM? WE ONLY HAVE TWO OF THEM...



SEE? WAY MORE
PRIVACY!

WHAT
YOUNG
PERSON
SHARES A
ROOM
WITH HER
PARENTS?!

LISTEN, IF YOU'D RATHER WE GIVE THIS SPACE TO YOUR SISTER OR BROTHER...

NO NO NO
NO...

SHOOOFF

THAT NIGHT

HUH.

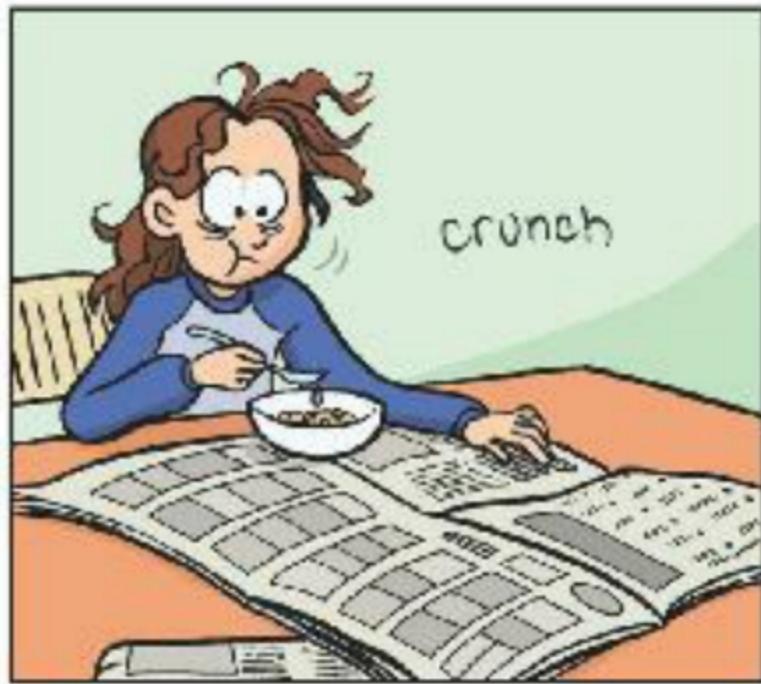
NO MORE BUNK BED...

NO ONE WATCHING ME...

cuddlie
snuggle

SNORE

NO SOUND BARRIER!!!













MAYBE YOU CAN WRITE A STORY
AND I CAN DRAW IT!

OOOH! THAT WOULD
BE FUN. WE COULD BASE
THE CHARACTERS ON OUR
LITTLE BROTHERS.

OR THE KIDS
AT SCHOOL!

GIRLS?

Hee
Hee
Ha
Ha

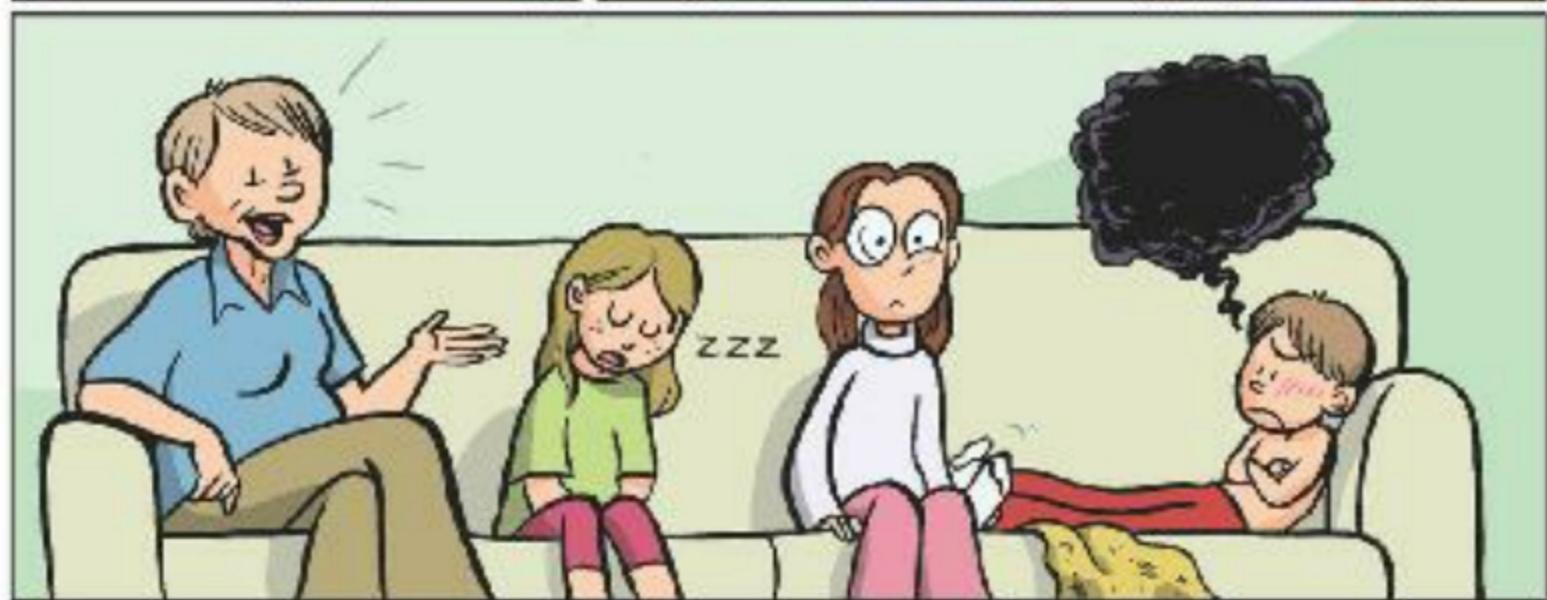
I HAVE TO DRIVE YOU
HOME, JANE.

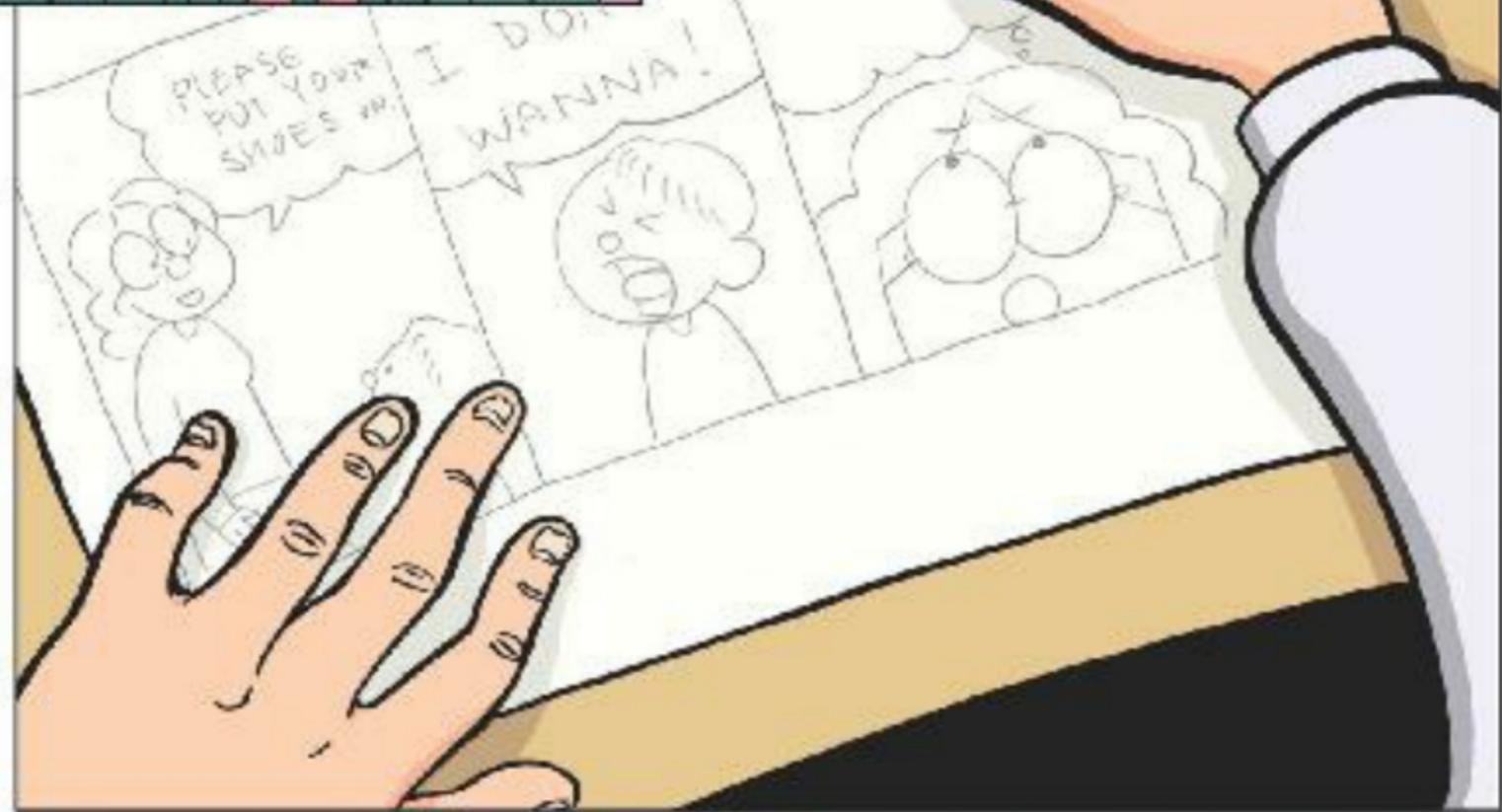
AWWW . . .

SHooooof











WE'RE MOVING.

YOU ARE? WHERE?

THE SUBURBS. OVER NEAR THE AIRPORT.

WHEN?



UMMA AND APPA SAID
WE CAN FINISH OUT THE
SCHOOL YEAR HERE... BUT
THEN WE'RE GOING AWAY. I
WON'T KNOW ANYBODY IN
MY NEW TOWN.

MY DENTIST IS NEAR THE AIRPORT.
IT'S NOT THAT FAR.

AND DO YOU REMEMBER
ROSA FROM THIRD
GRADE?



HER FAMILY LIVES OVER THERE NOW, TOO.

HOOONK!

THEY HAVE A BIG HOUSE WITH FOUR BEDROOMS AND A TREE HOUSE AND A CREEK IN THEIR BACKYARD! AND A GAZEBO!!

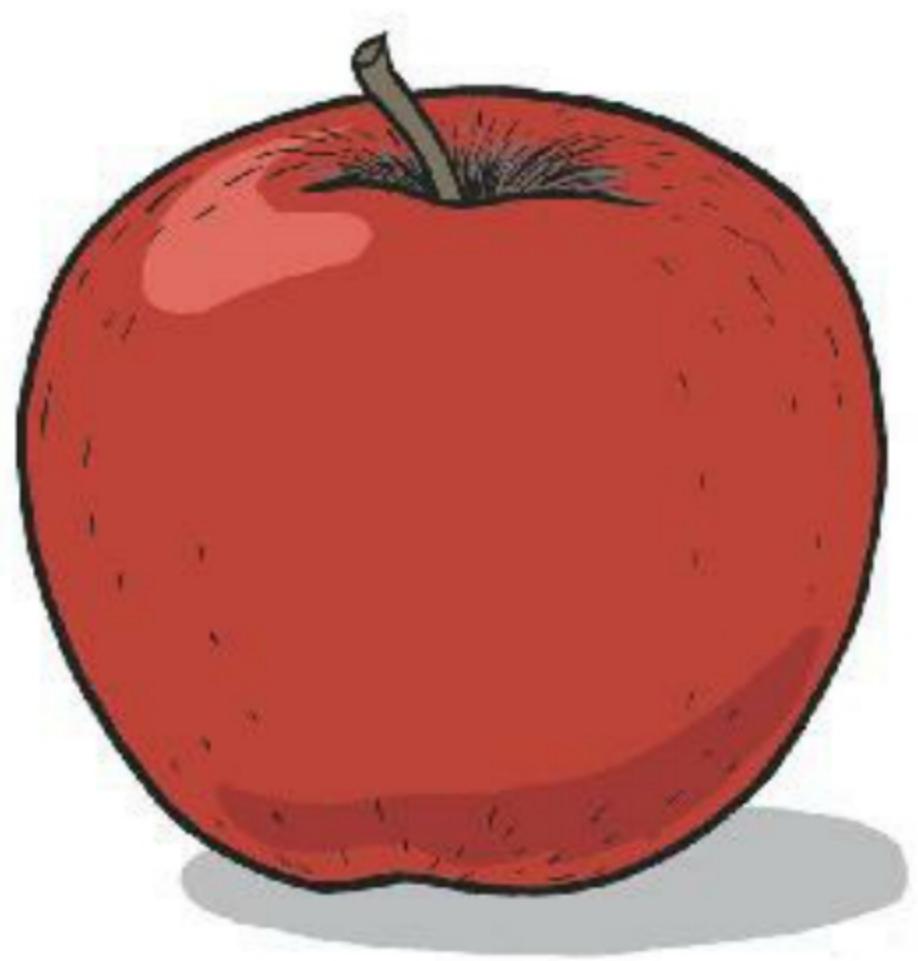
I BET YOU AND YOUR BROTHER WILL EACH GET YOUR OWN ROOM! SO LUCKY! IT'S SO NICE AND SUNNY BY THE AIRPORT! I'D LOVE IT IF MY FAMILY --

RAINA!!!

I DON'T WANT TO GO.

OKAY?





MICHELLE'S TURN TO GIVE AN
LDI CAME AROUND.



I'M GOING TO DEMONSTRATE
HOW TO MAKE WALDORF SALAD!



IT'S ONE OF MY FAMILY'S
FAVORITE DISHES.



THE INGREDIENTS ARE APPLES,
CELERY, WAL-NUTS . . .

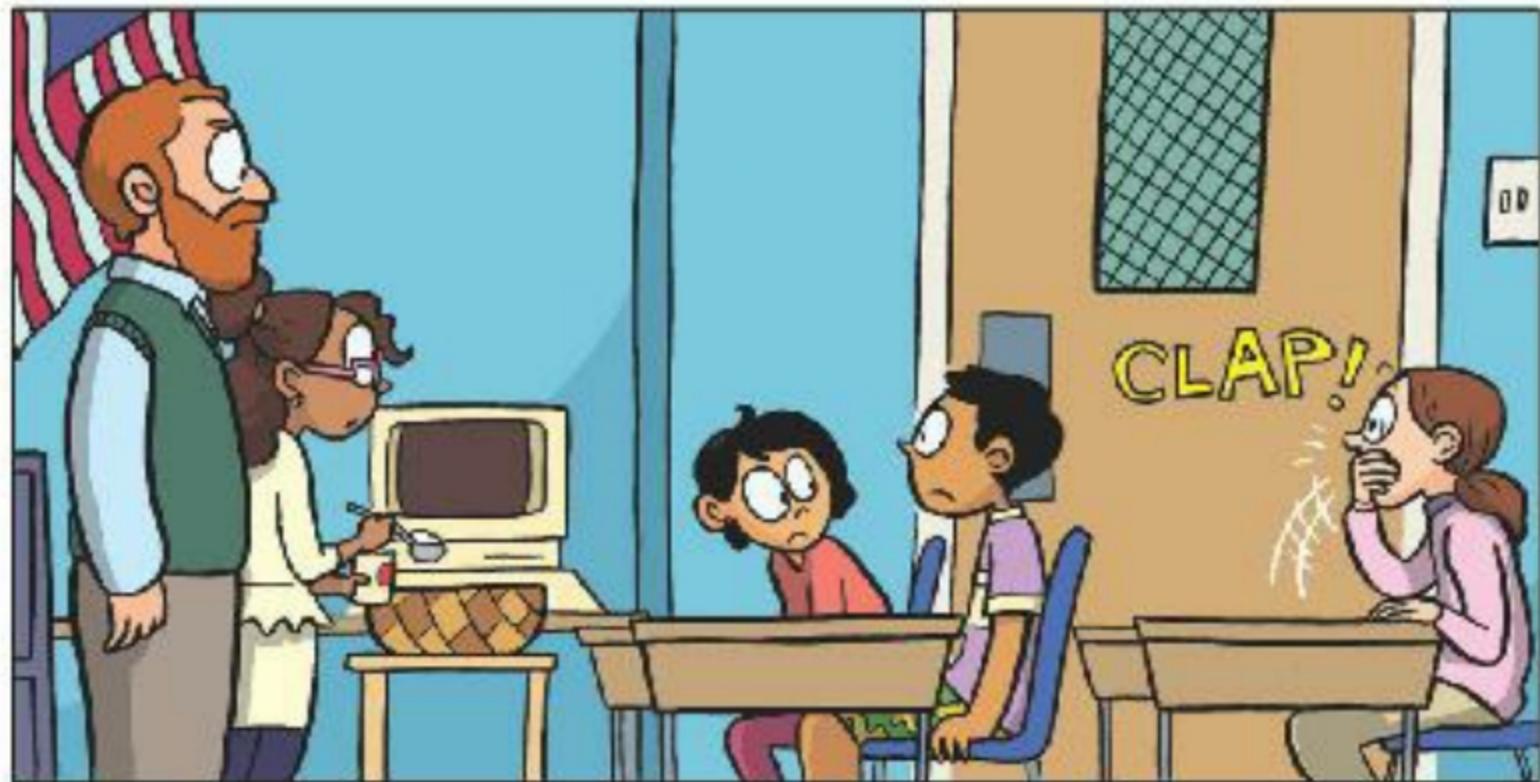


AND MAYONNAISE!



EW!!!

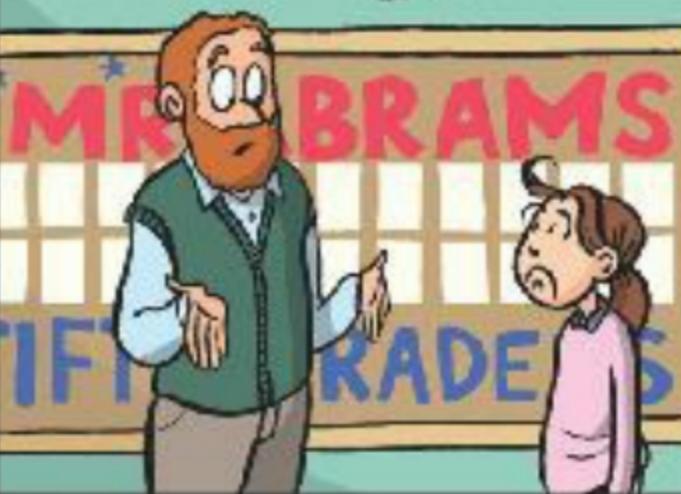




I'M SORRY . . . IT'S JUST . . .
APPLES AND MAYONNAISE?!!



I THINK THAT SOUNDS DELICIOUS!



EVERYONE EATS DIFFERENT
THINGS. WE ALL HAVE OUR
LIKES AND DISLIKES.



BUT PLEASE, PLEASE TRY
NOT TO BE DISRESPECTFUL
OF OTHER PEOPLE.



TREAT OTHERS AS YOU
WISH TO BE TREATED.

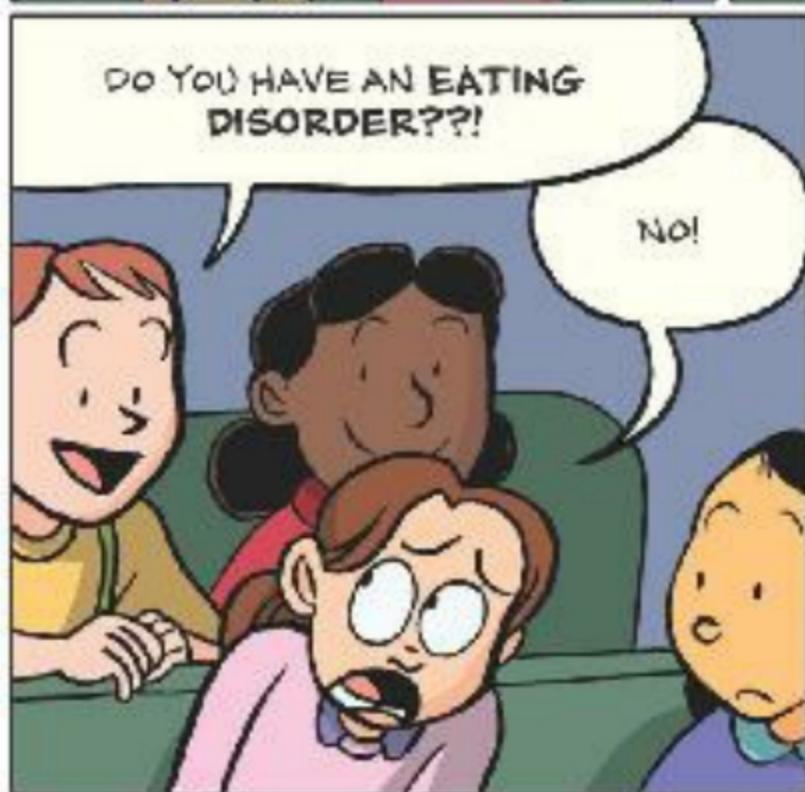
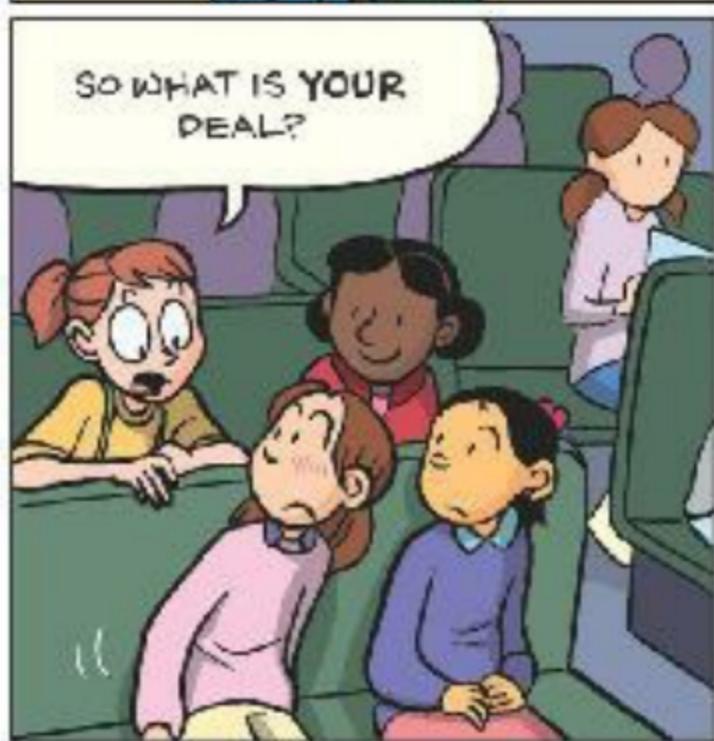
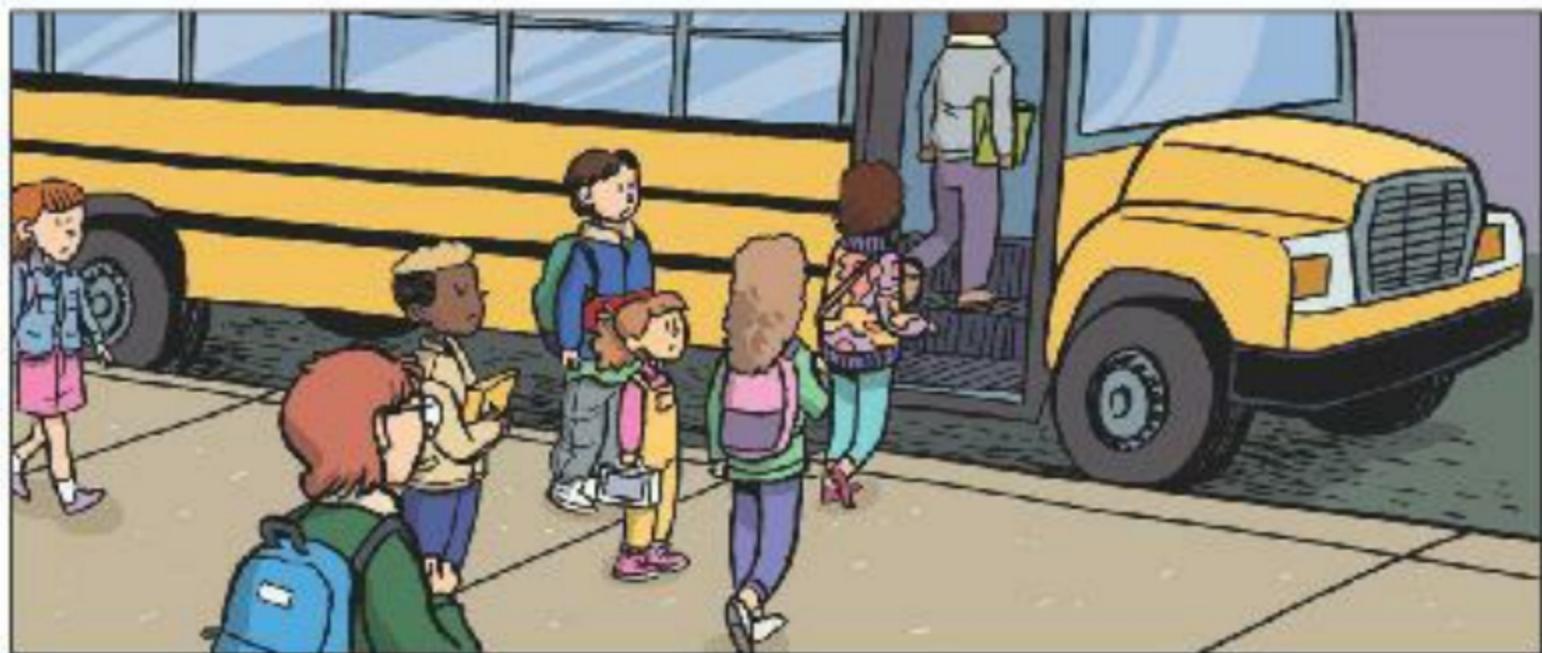


SO, IN NON-TEACHER-
SPEAK, I THINK THAT
MEANS . . .









SEE? YOU WON'T HAVE TO GO TO MIDDLE SCHOOL WITH ANY OF THESE MEANIES.

YOU GET A FRESH START!



I DON'T WANT A FRESH START.



THE IDEA OF PUKEING MAKES ME WANT TO...



AH... SO YOUR BEST FRIEND IS MOVING AWAY.

WHAT ABOUT THE OTHER KIDS IN YOUR CLASS?

SOME OF THEM ARE MEAN TO ME.

PICK

ARE YOU BEING BULLIED??

THEY DON'T BEAT ME UP OR ANYTHING.

I JUST GET... TEASED A LOT.

THEY DON'T STEAL MY STUFF.

AND HOW DOES THAT MAKE YOU FEEL?



PROBABLY LIKE...
A FIVE.

IT MAKES
MY STOMACH
HURT.

AND THEN I GET SCARED
I'M GOING TO PUKE.

AND THAT MAKES ME FEEL...
ABOUT AN EIGHT OR A NINE.

AS FAR AS BEING
SCARED GOES.

"WHEN I'M IN THIS SPACE, I
FEEL LIKE I CAN'T GET OUT."

TRY.

"I FEEL LIKE I
WON'T SURVIVE IT."

TRY!

"I FEEL LIKE I CAN'T CONTROL ANYTHING."

TRY.

"I FEEL LIKE I
CAN'T EVEN TRY."



TRY
ANYWAY.





I DON'T WANT THEM TO
KNOW THAT I'M AFRAID OF
THROW-UP.



IT'S JUST SO...

BABYISH.

WEIRD.

DUMB.

STUPID.

I BET ALL
YOUR FRIENDS ARE
SECRETLY SCARED
OF SOMETHING!



LET'S GO BACK TO
BREATHING. JUST...
BREATHE.







LAUREN SAYS
YOU'RE MAKING
JOKES!

WHICH IS A SIGN OF
PROGRESS!

THEY SAY LAUGHTER IS
THE BEST MEDICINE.

WANT TO READ THIS COMIC
STRIP JANE AND I MADE?

Hm.

VERY
NICE.

YOU GONNA SHOW JANE
TOMORROW?

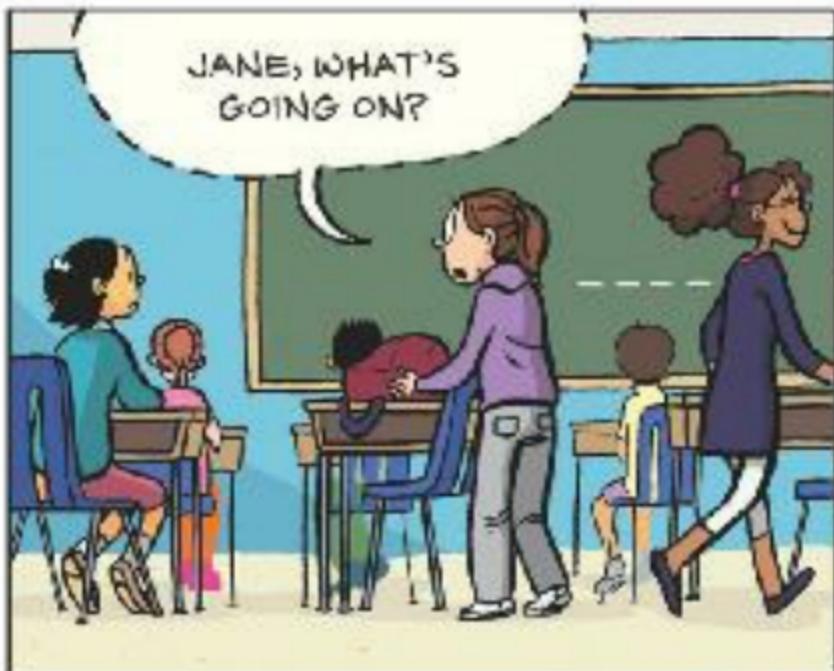
YEAH, AFTER
THERAPY!

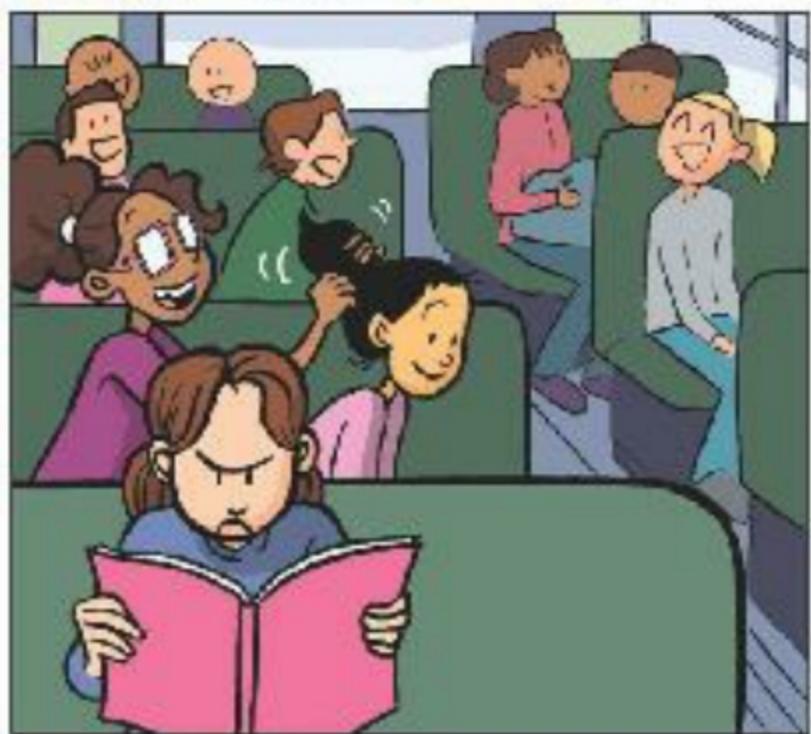
DO YOU THINK THIS IS FUNNY,
GRANDMA?

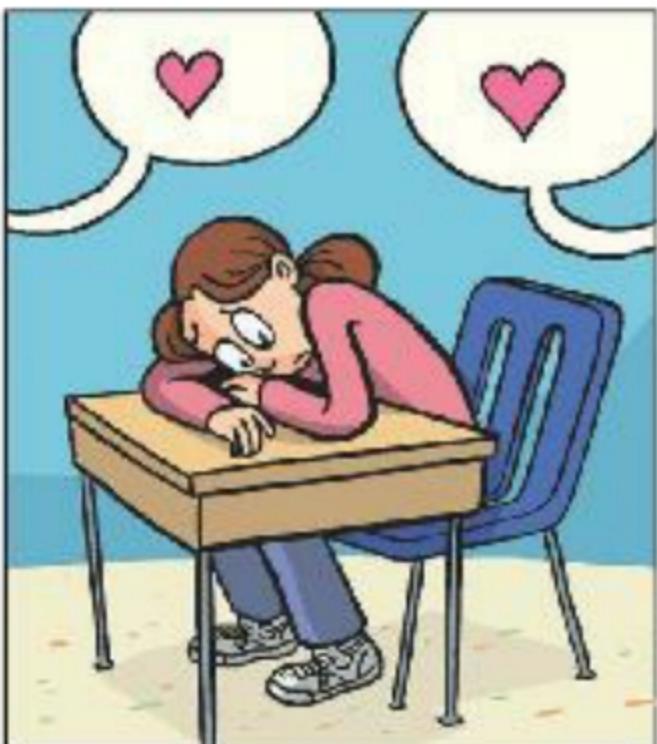
I'LL TELL YOU
WHAT'S FUNNY! MY
BROTHER LOUIE HAD
A DOG — A MUTT,
REAL MANGY. THE
DOG HATED
SQUIRRELS.
ONE DAY ...

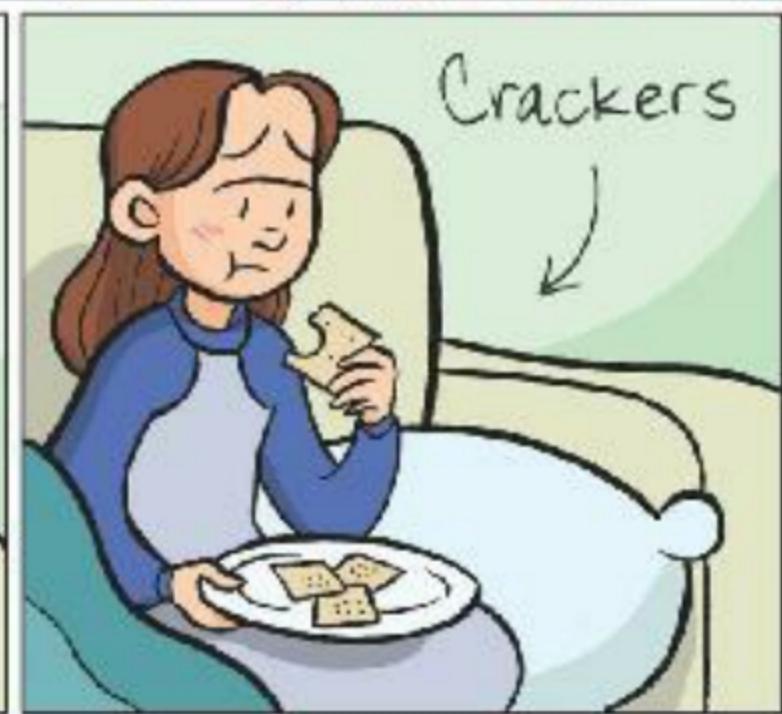
THE NEXT DAY











GRANDMA, I'M
GOING TO GO UPSTAIRS
AND REST.



I'VE ALREADY LOST MY
BEST FRIEND ...



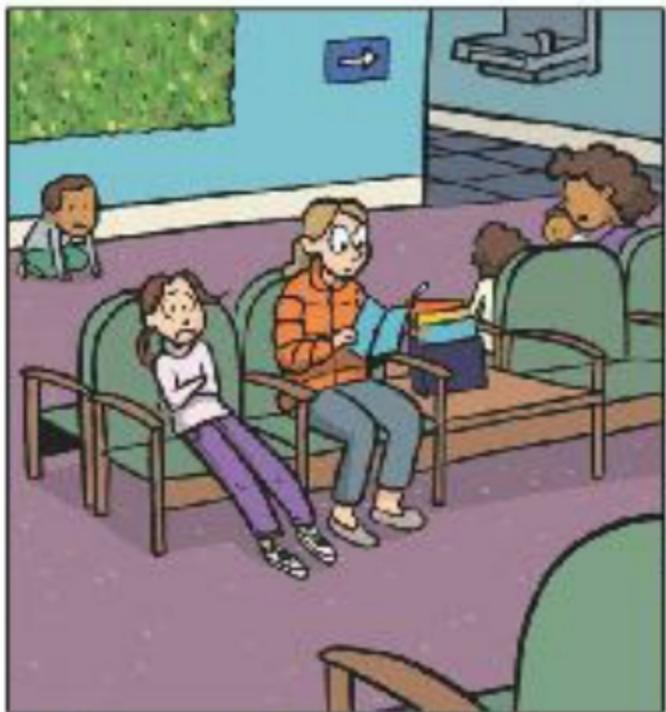
AND SHE HASN'T EVEN
MOVED AWAY YET.



IT'S A
TOTAL PUNCH
IN THE GUTS.







NO PARASITES, NO
BACTERIA, NO FOOD
ALLERGIES...

UM,
GOOD?

SO YOUR
OFFICIAL
DIAGNOSIS
IS IBS.

THAT STANDS FOR IRRITABLE
BOWEL SYNDROME

IT BASICALLY MEANS
UPSET STOMACH... WITH NO
DISCERNABLE CAUSE.

CAN IT BE CURED?

IT TENDS
TO COME AND
GO.

GET ENOUGH REST, EXERCISE,
WATER...

**DON'T EAT FOODS THAT
BOther You.**



AND MOST
IMPORTANTLY...

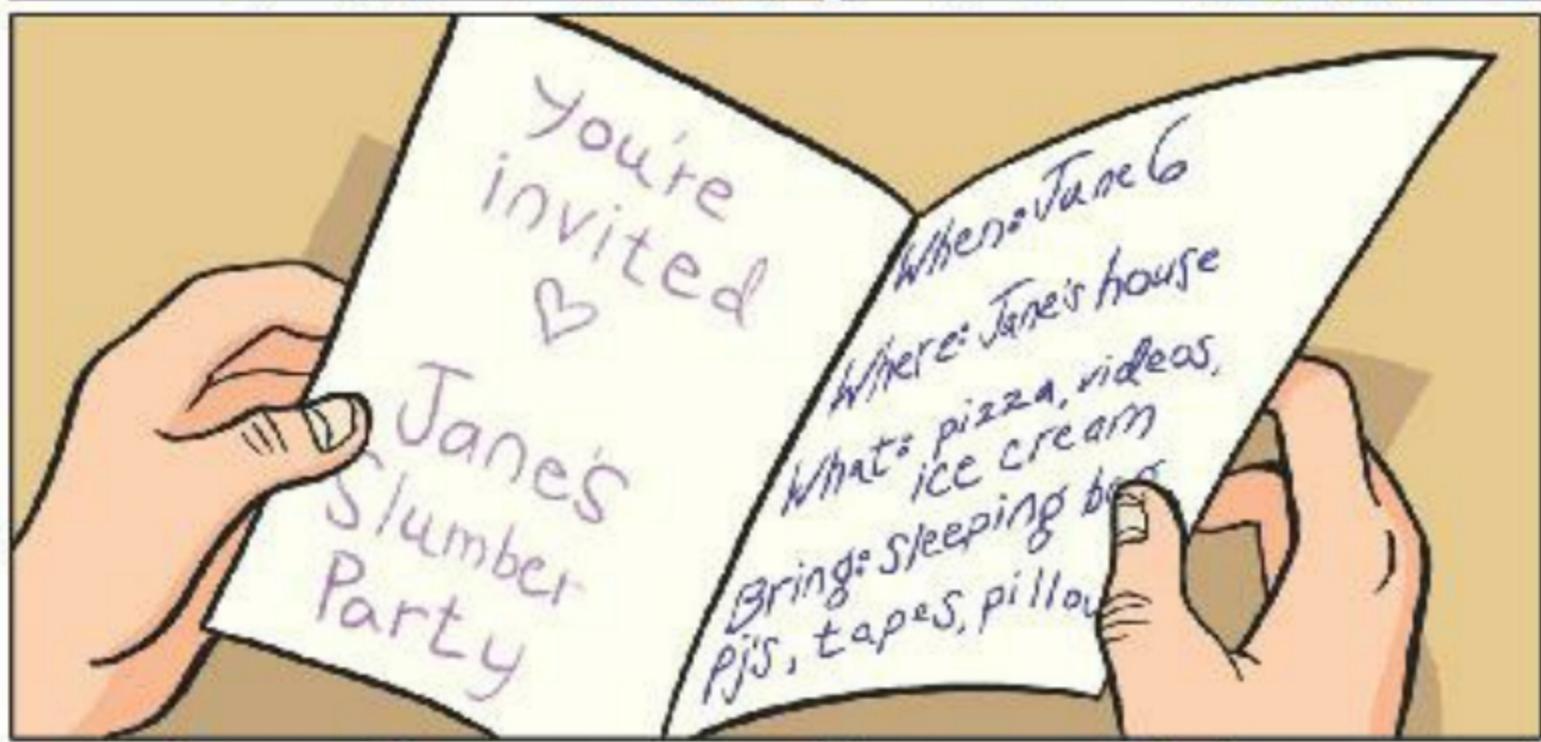
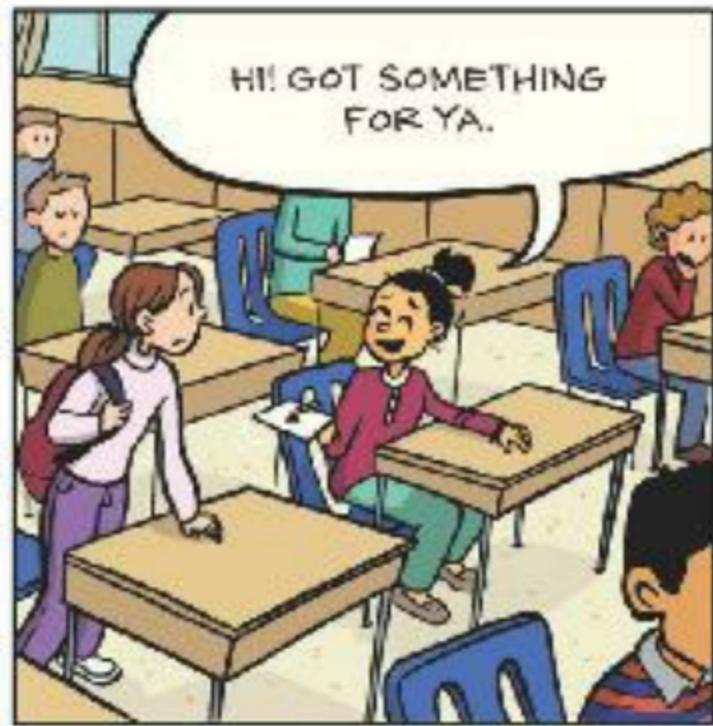


DON'T STRESS OUT
TOO MUCH!



A cartoon illustration of two characters laughing. On the left, a girl with brown hair and a blue polka-dot dress is laughing heartily with her mouth wide open. On the right, a boy with blonde hair and an orange striped shirt is laughing with a wide-open mouth and a hand on his chest. The background is yellow with several large, blue, stylized 'HA' text blocks scattered around them, suggesting a fit of giggles.





THESE ARE MY LAST FEW WEEKS OF LIVING HERE.

I WANT THEM TO BE GOOD ONES.

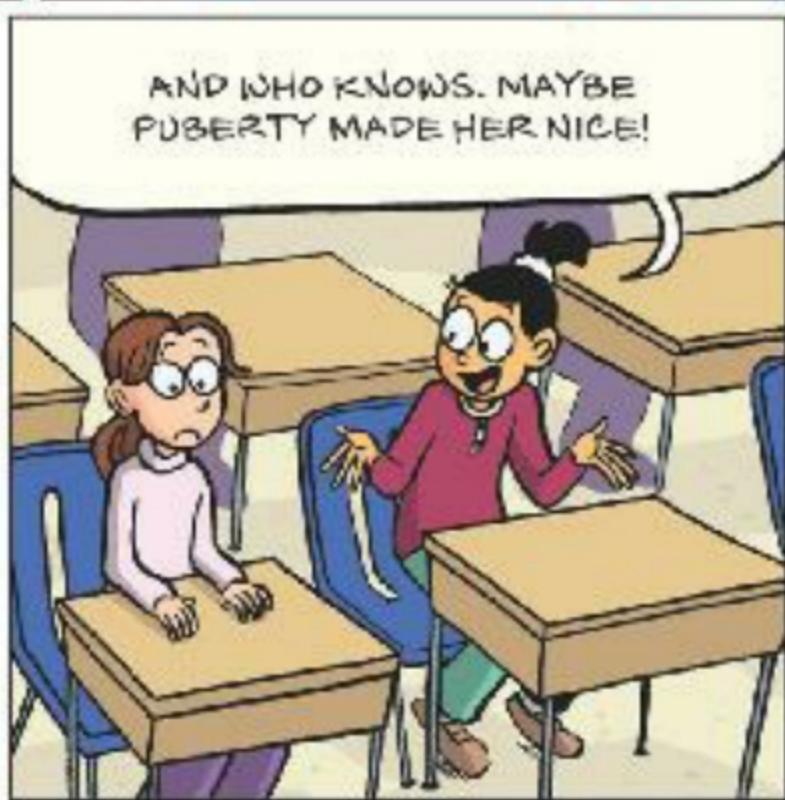
MR. ABRAMS!! I GOTTA --

GO AHEAD, MICHELLE.

I JUST DON'T GET IT.

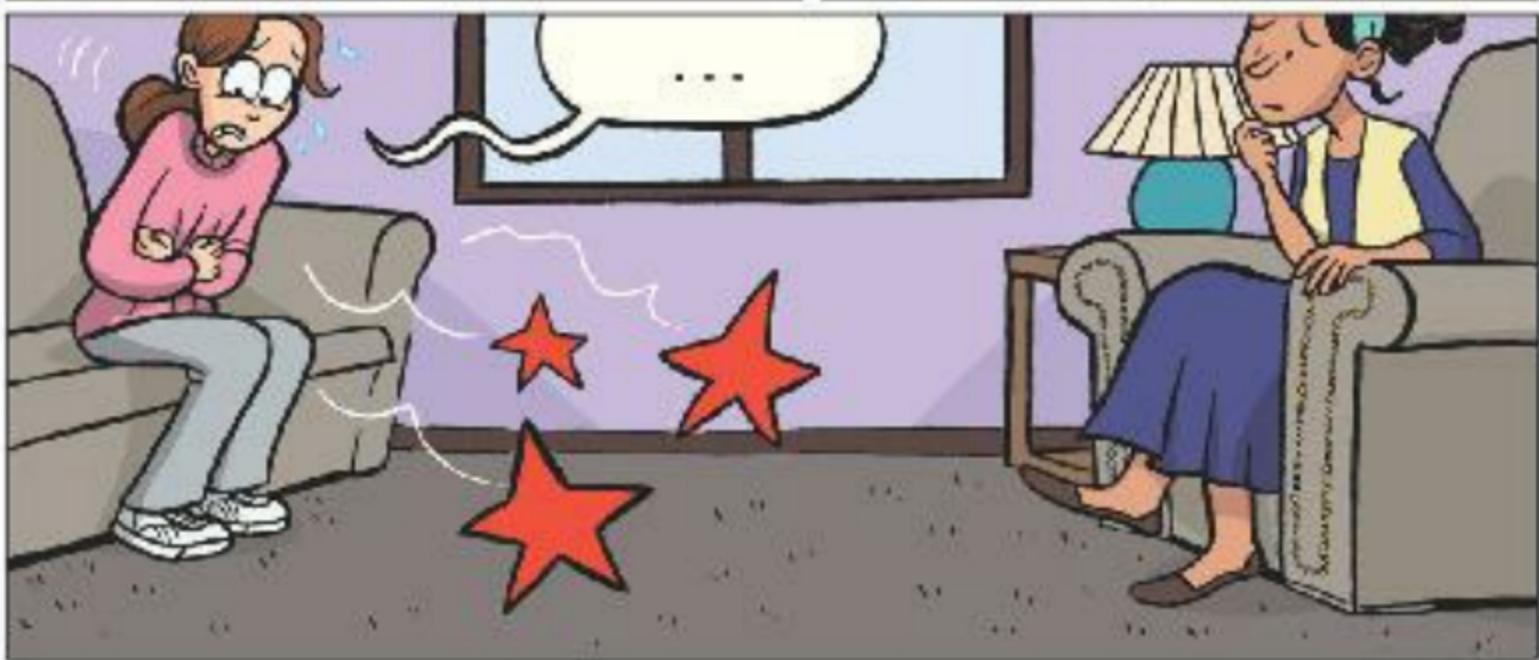
SHE'S BEEN MEAN TO US FOR YEARS.

I KNOW...











I GUESS... I FEEL
A LITTLE BETTER KNOWING THAT JUST
'CAUSE I HAVE A LITTLE GAS, IT DOESN'T
MEAN SOMETHING IS WRONG.

AND IT DOESN'T
MEAN I'M GOING TO
THROW UP.



BUT AT SOME POINT...

I MIGHT.

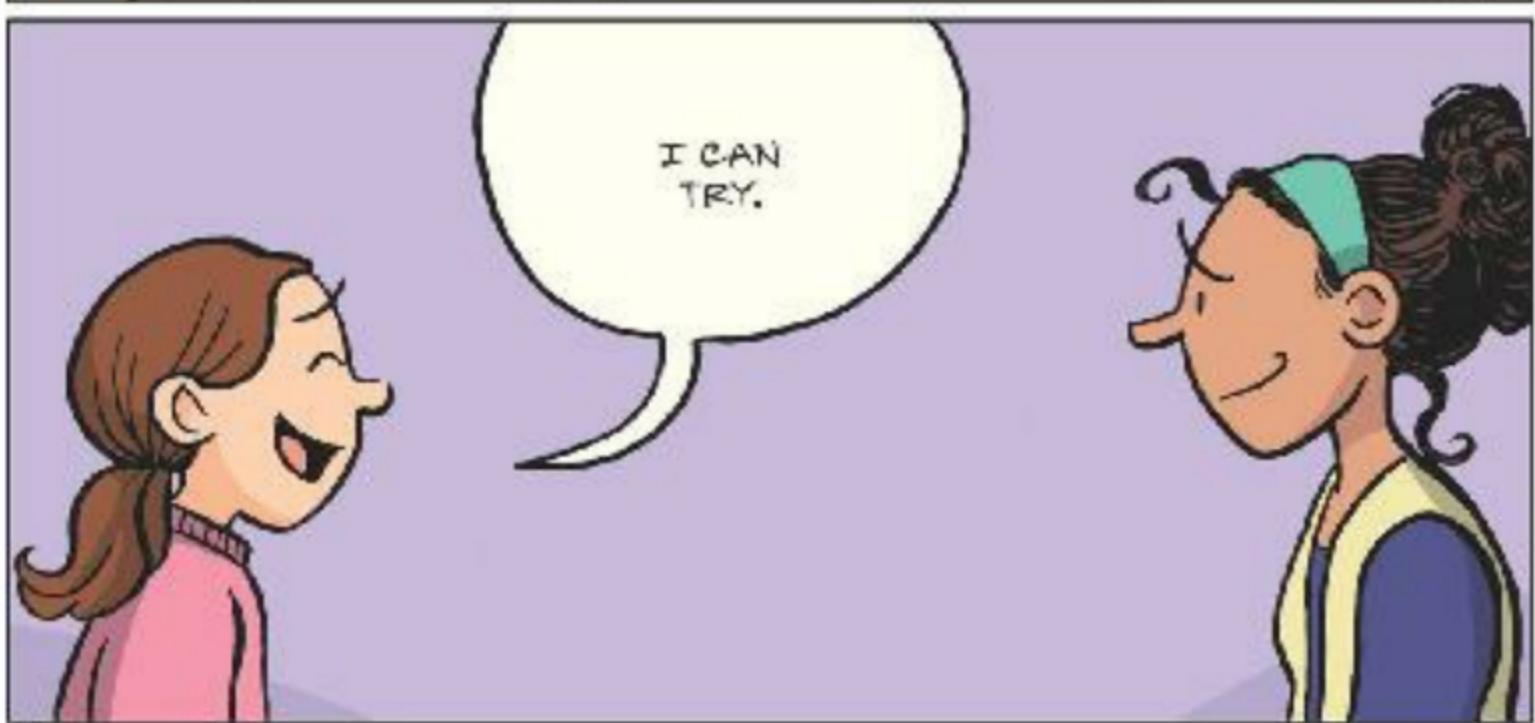
THAT'S
TRUE. YOU
MIGHT.



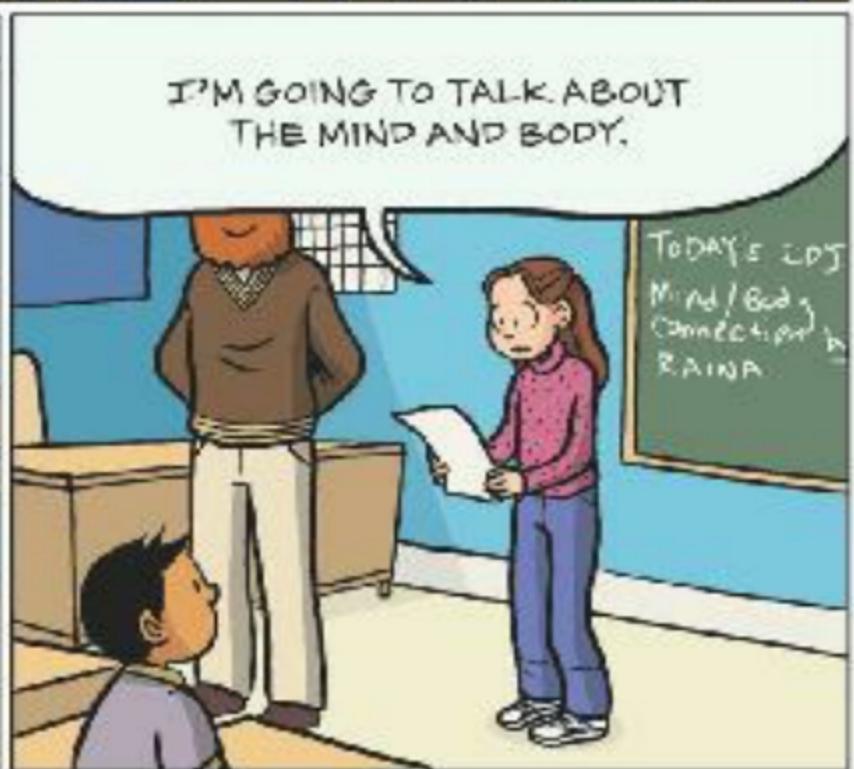
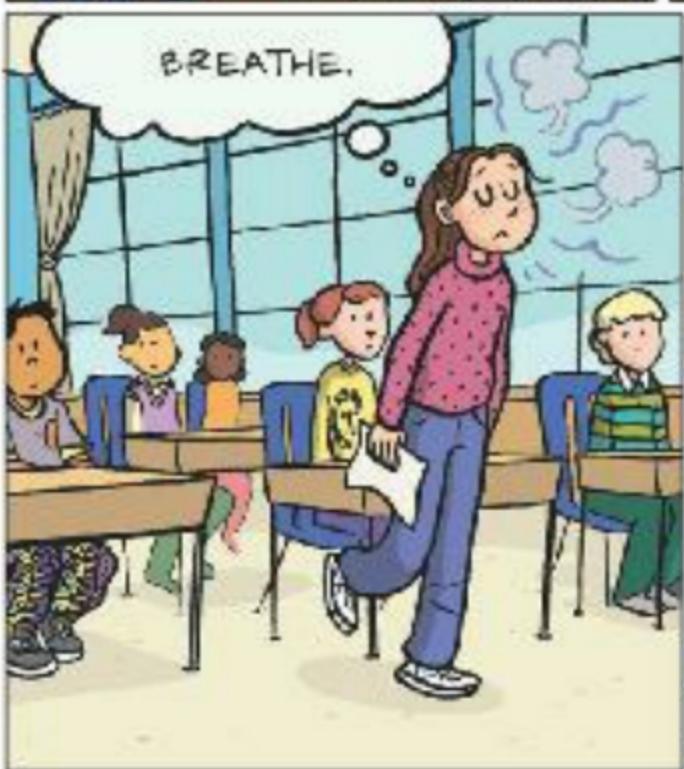
IT'S KIND OF OUT OF
YOUR CONTROL!



BUT I HOPE YOU FEEL A
LITTLE MORE PREPARED TO
COPE WITH THE FEAR.



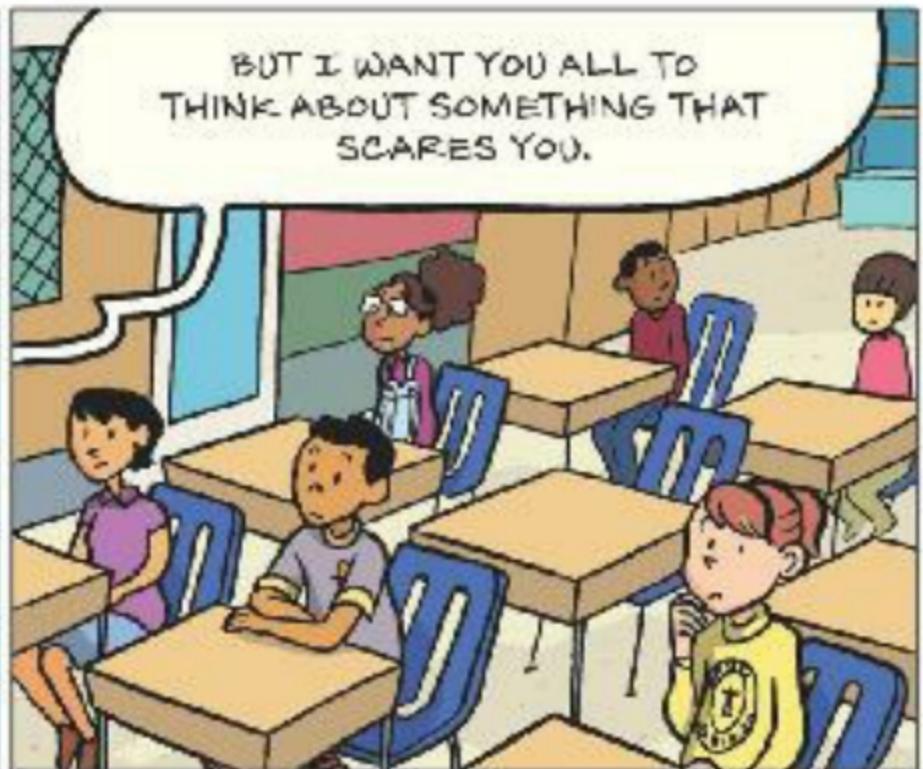




NOW, YOU DON'T HAVE
TO ANSWER...



BUT I WANT YOU ALL TO
THINK ABOUT SOMETHING THAT
SCARES YOU.



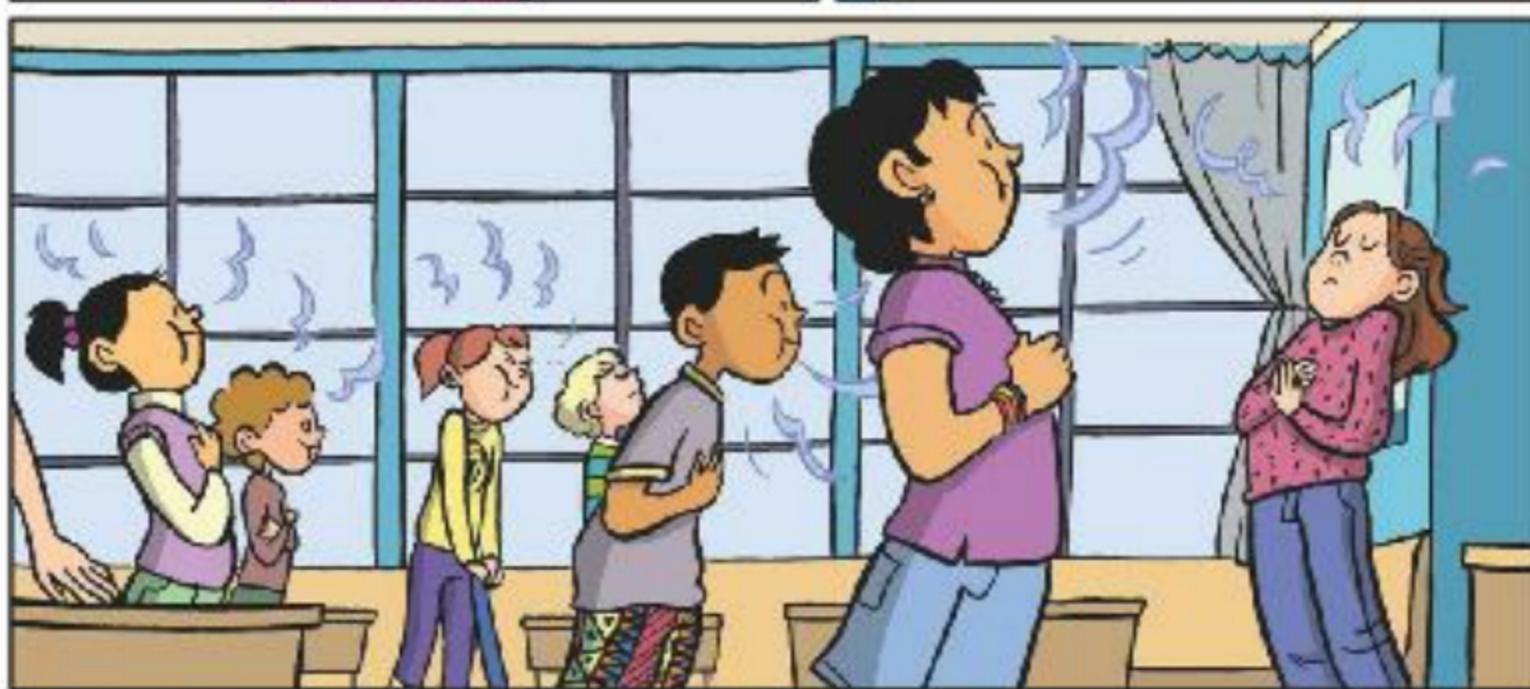
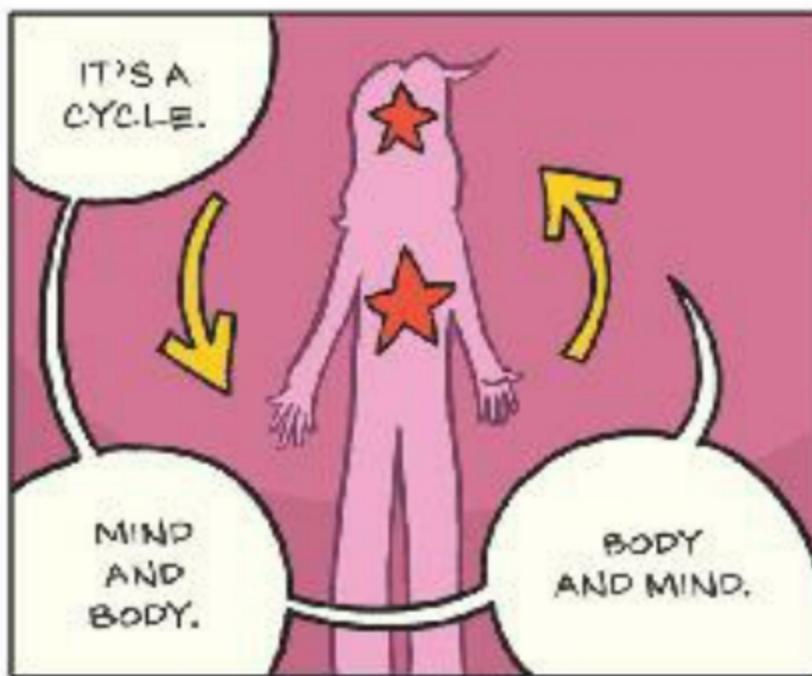
AND NOW... TRY
AND NOTICE HOW THAT
MAKES YOU FEEL.

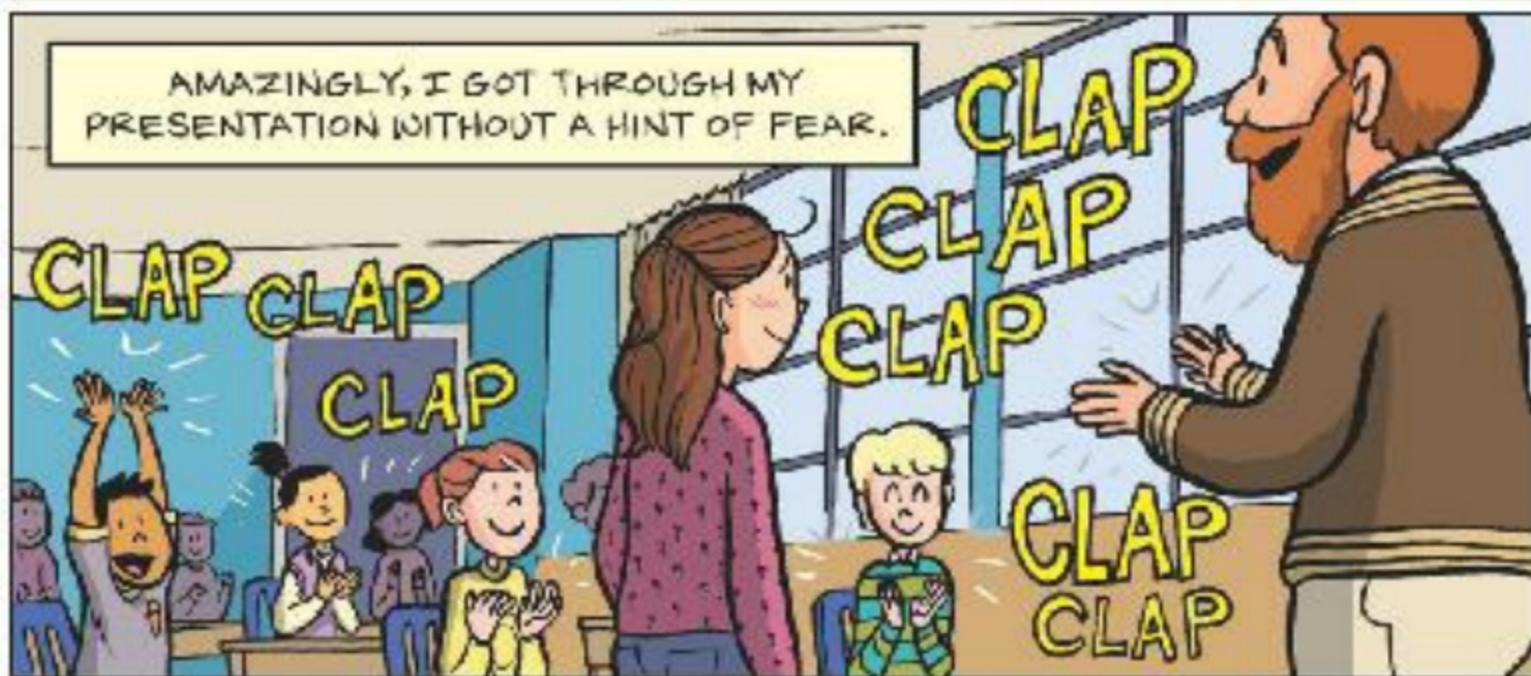
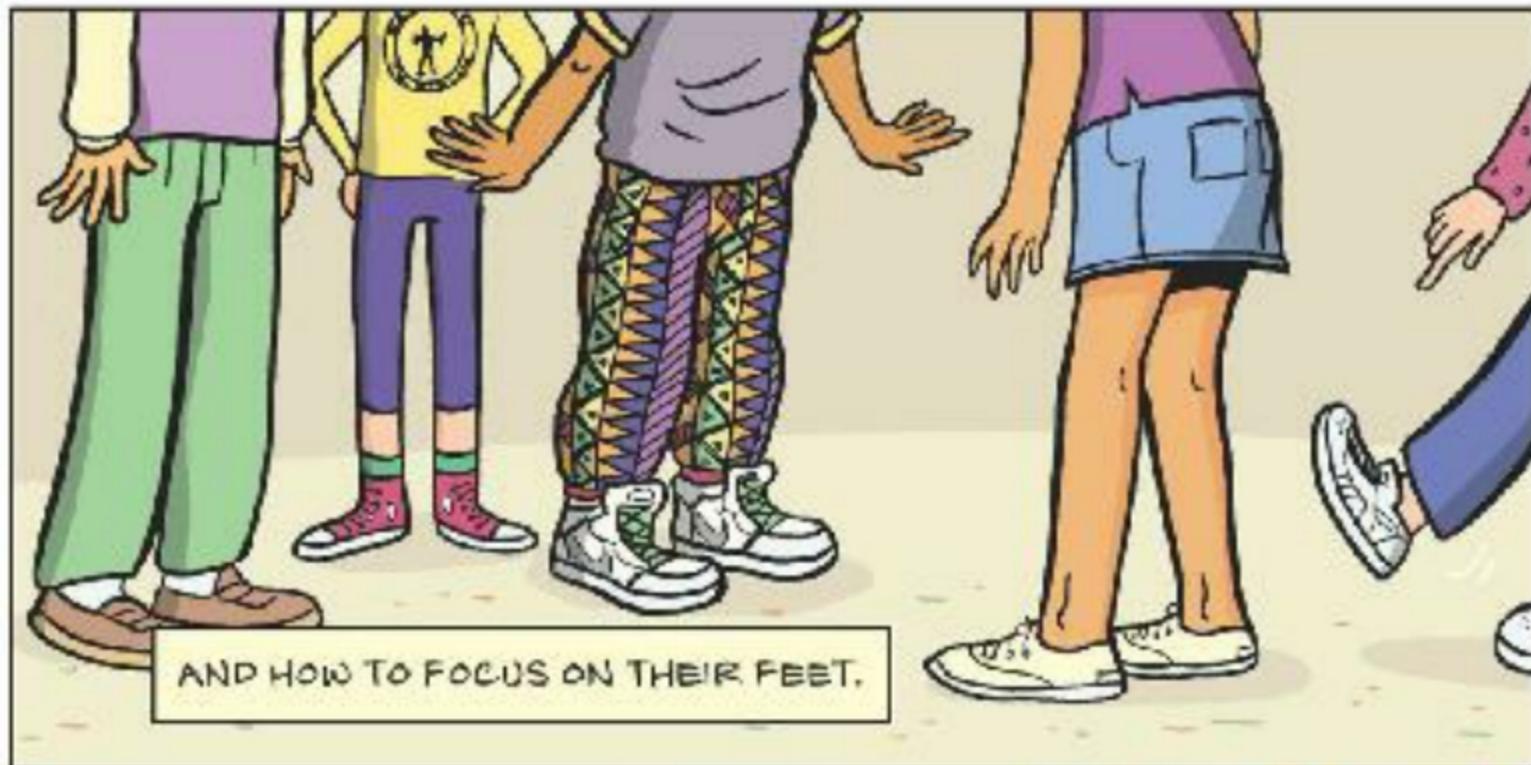
FOR ME... WORRYING
ABOUT THINGS MAKES MY
STOMACH HURT.



AND MY STOMACH HURTING...
MAKES ME WORRY MORE.

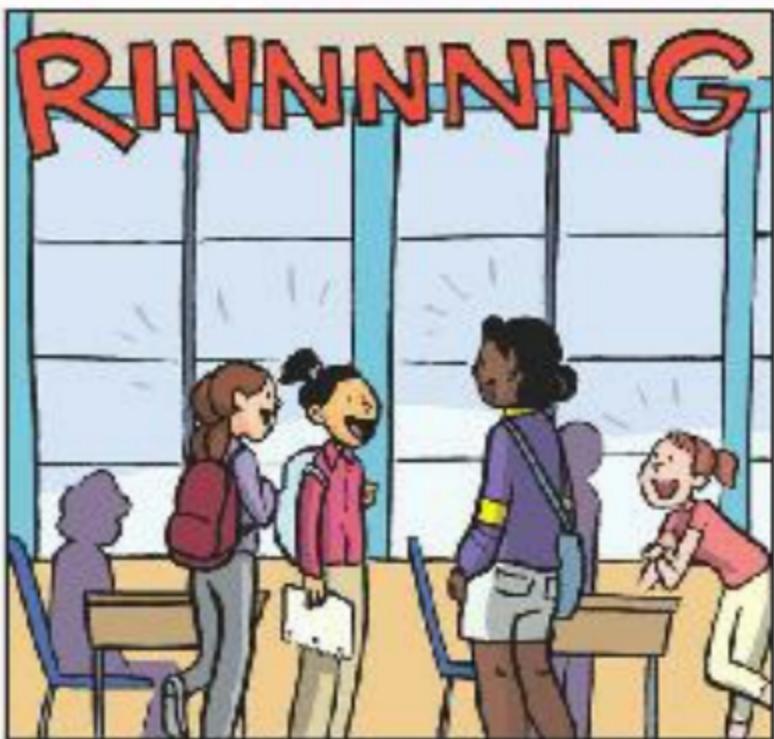












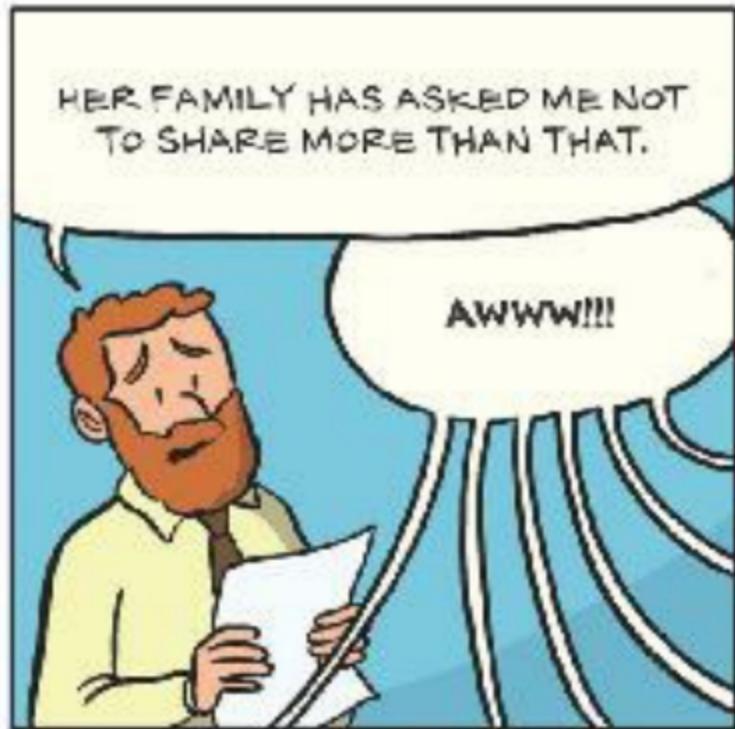
PROBABLY JUST
PUBERTY!

PROBABLY.

BUT THE NEXT DAY ...

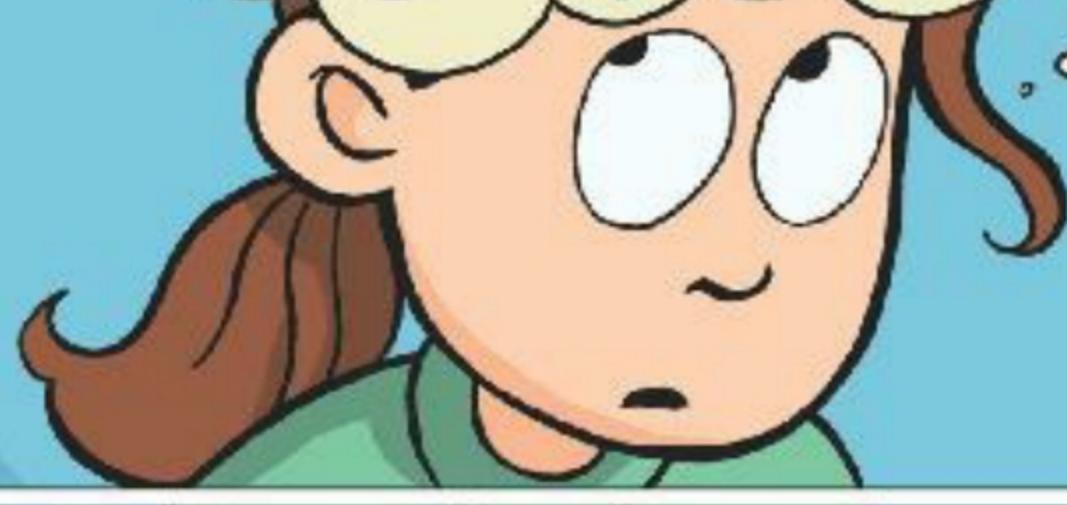
AND THE NEXT.

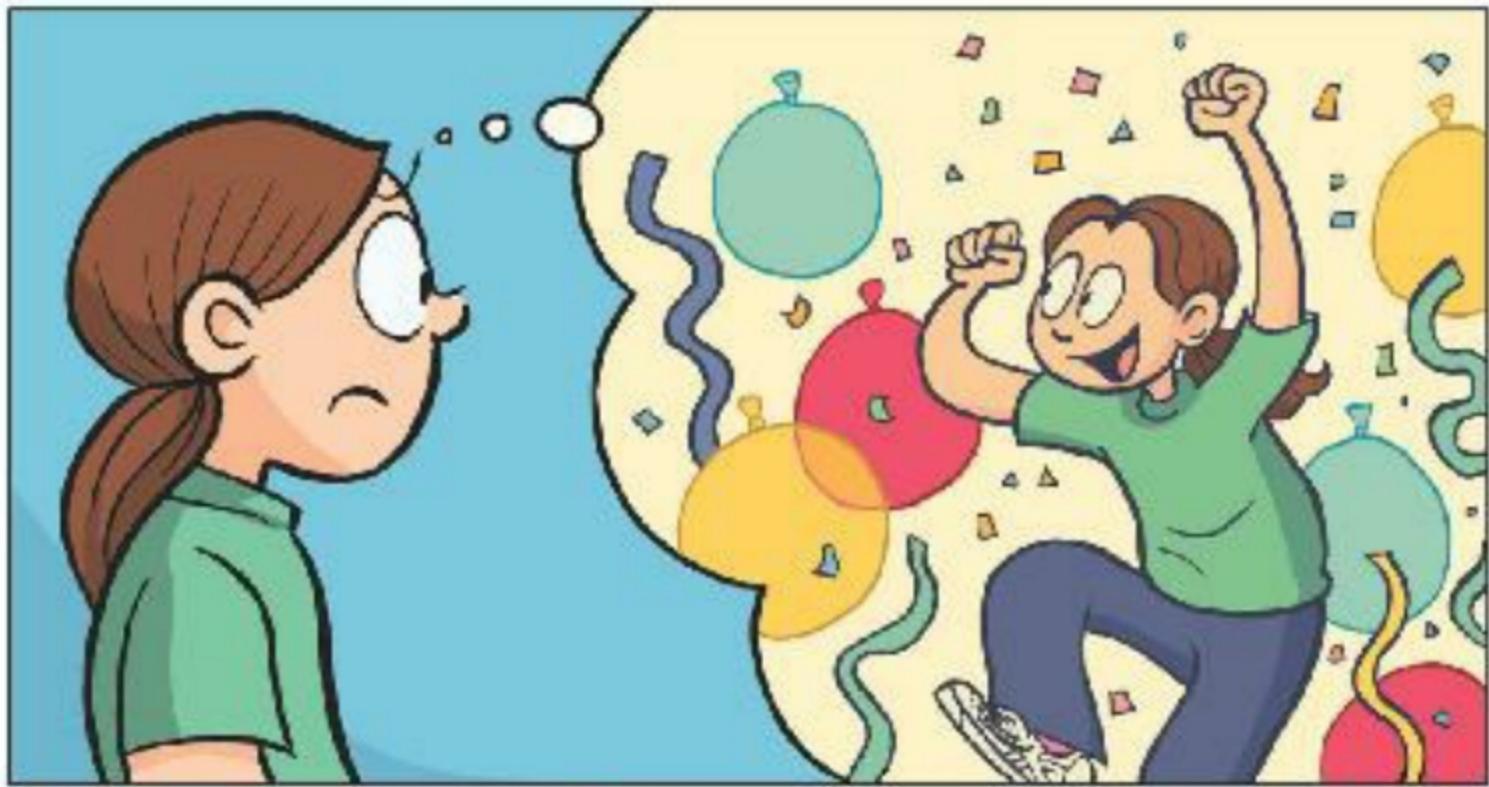


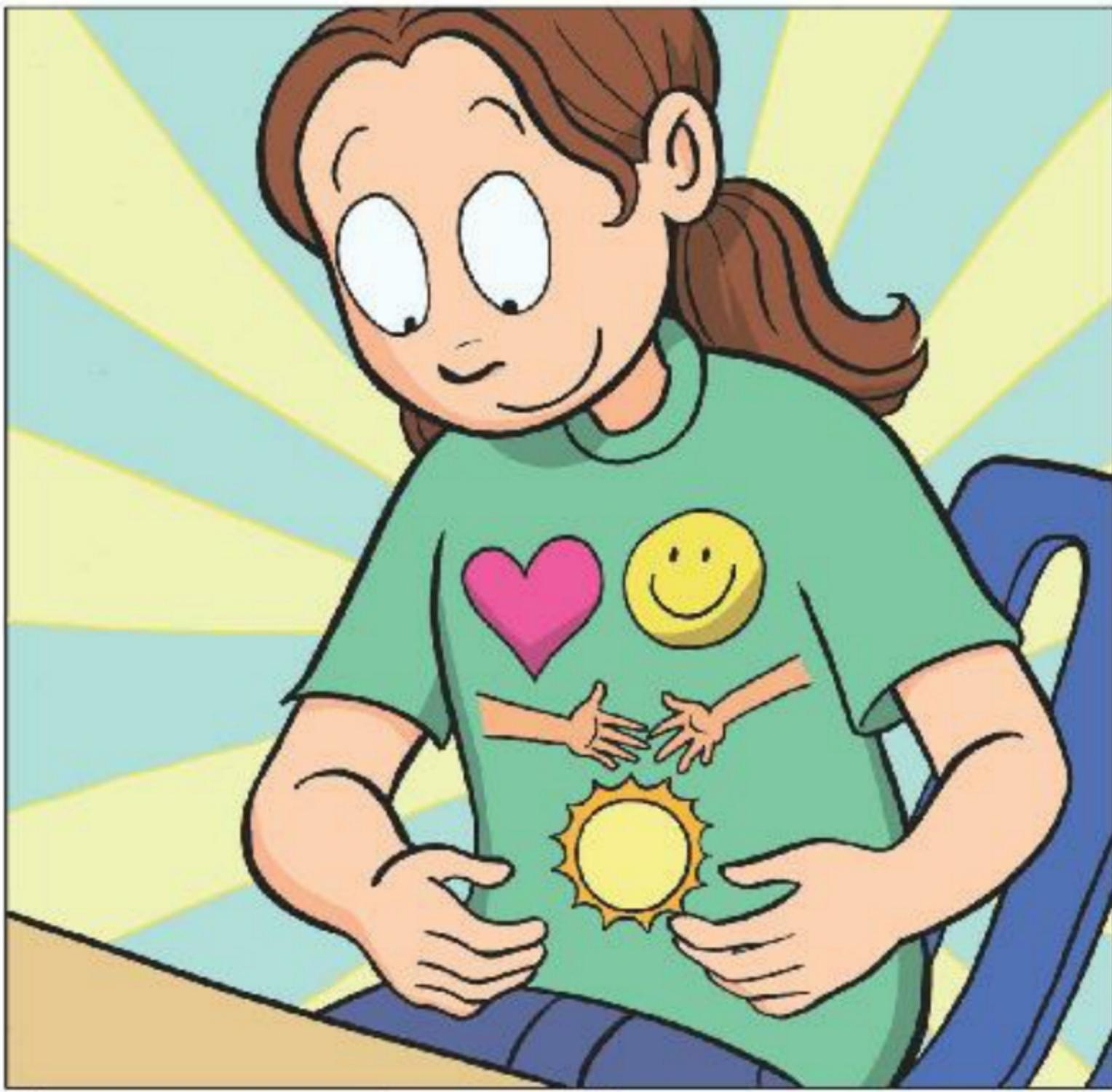




SHE'S NOT GOING TO BE
ABLE TO COME BACK TO SCHOOL
BEFORE THE END OF THE YEAR.

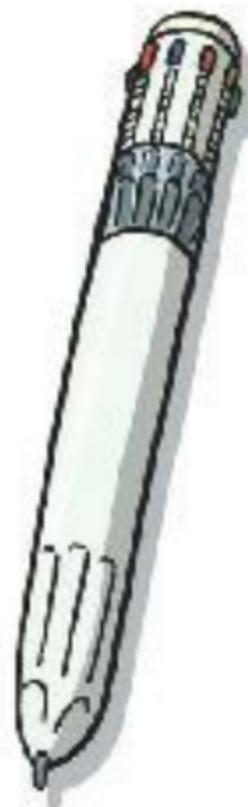


















MY SECRET IS
THAT . . . MY DAD GETS
DRUNK SOMETIMES.

HE'S NEVER DANGEROUS, BUT . . .
A COUPLE OF TIMES HE'S YELLED
AT ME AND MY BROTHER.

IT'S
SCARY.

DID HE THROW UP?

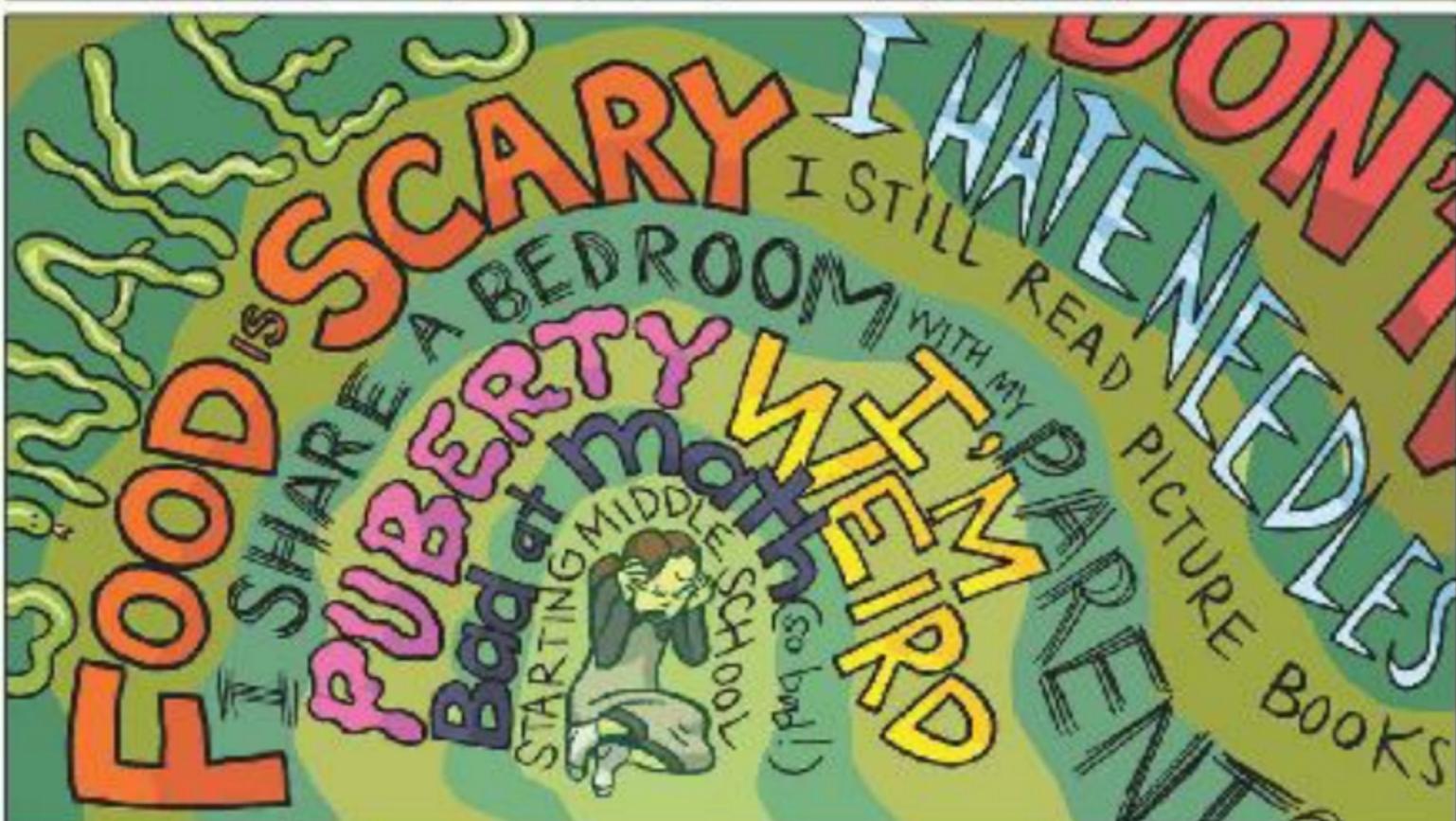
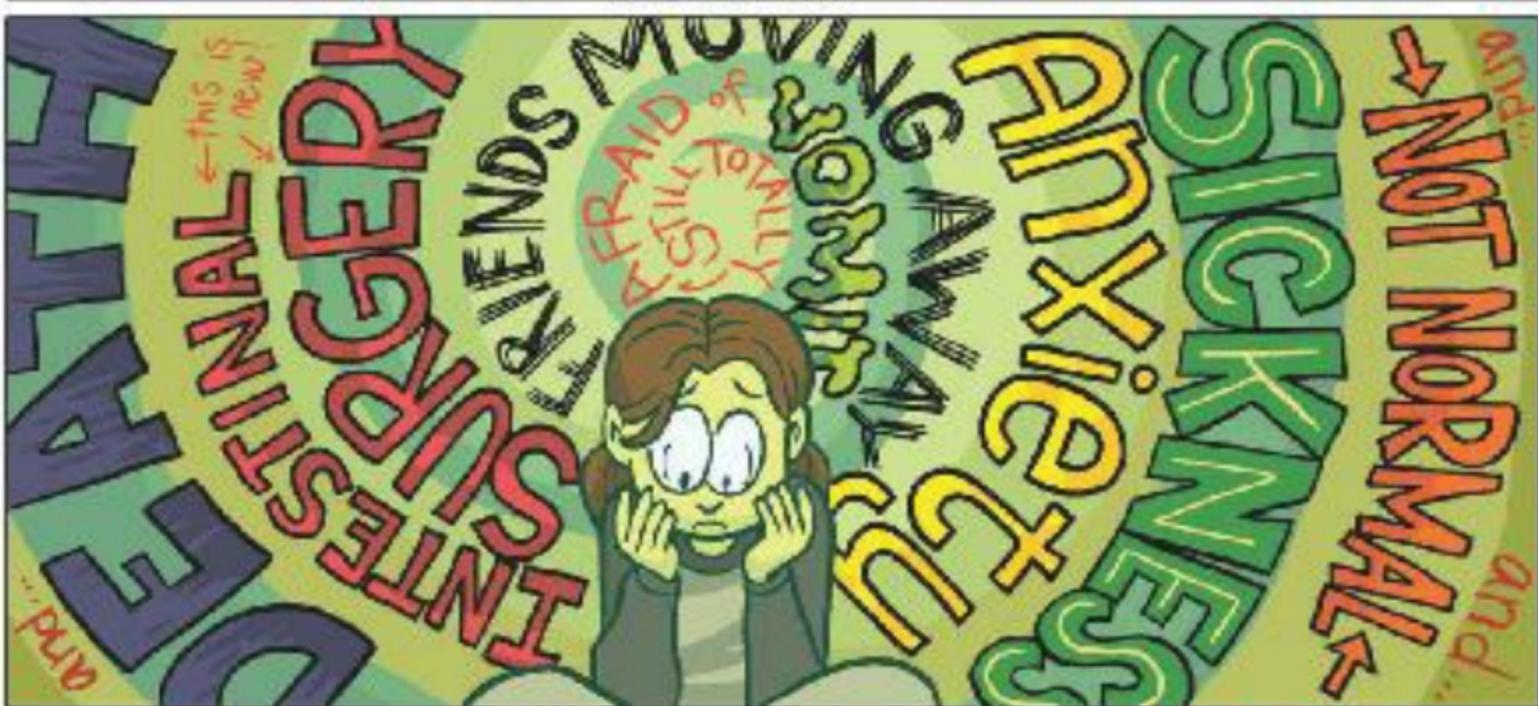
ONCE!

WE LAUGHED
AT HIM, THAT
TIME.

EVEN THOUGH IT
WASN'T REALLY
FUNNY.

I'M SO GLAD MY PARENTS
DON'T DRINK.

WHAT'S YOUR
SECRET, RAINA?





REALLY?!

YEAH. IT'S NO BIG DEAL.

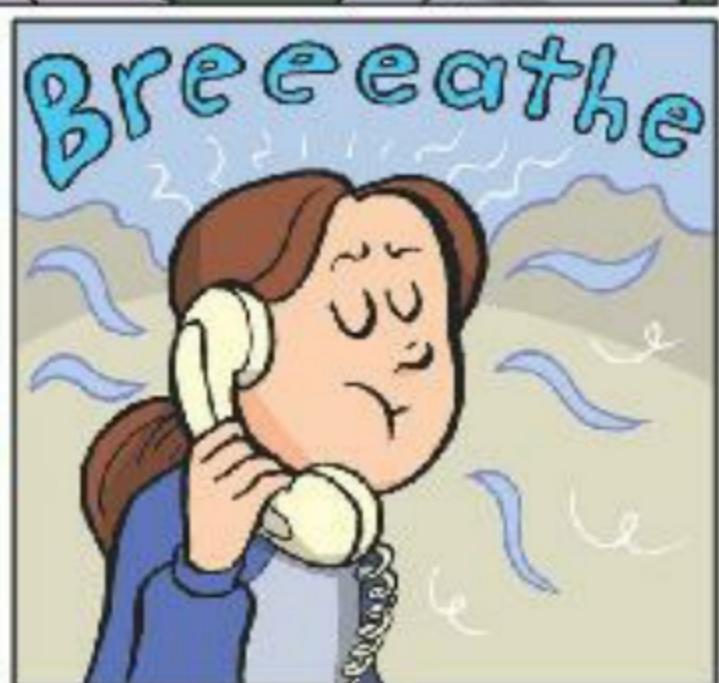
BUT NO ONE
EVER TALKS
ABOUT IT!

I ACTUALLY THOUGHT THAT
MAYBE ...

THERE WAS SOMETHING
REALLY WRONG WITH ME.







HI, MICHELLE?

HI.

I'M...
I'M GLAD
YOU'RE
OKAY.

THIS WAS MY THIRD INTESTINAL
SURGERY! THE FIRST TWO WERE
WHEN I WAS A BABY.

NOW.
I HAD NO
IDEA!

YEAH, BUT
LIKE...

I NEEDED
TO TAKE THE
RISK.

















So, how am I doing now, more than three decades after this story takes place?

In the past five years I have done talk therapy, cognitive behavioral therapy, mindfulness training, EMDR, and exposure therapy. I tried anxiety medication. I use meditation apps. They've all helped, but I've realized that my phobias and worries are just part of who I am. I do my best to manage them!

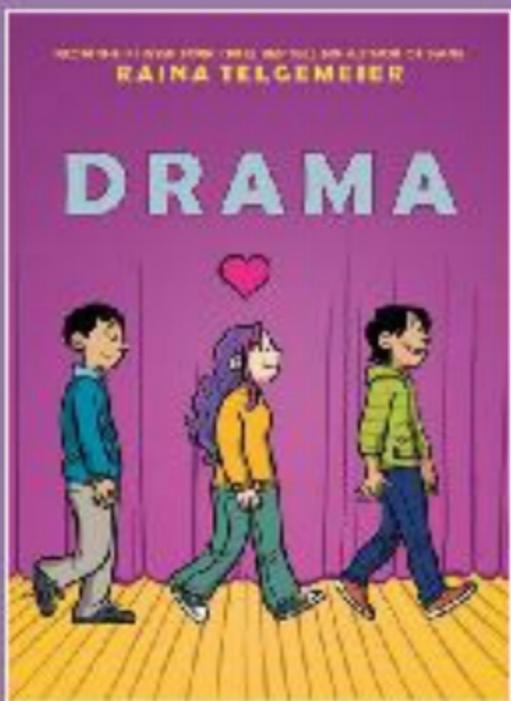
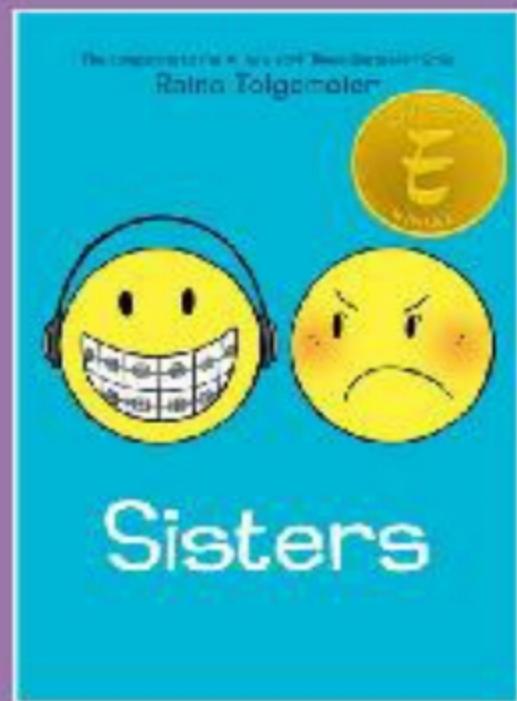
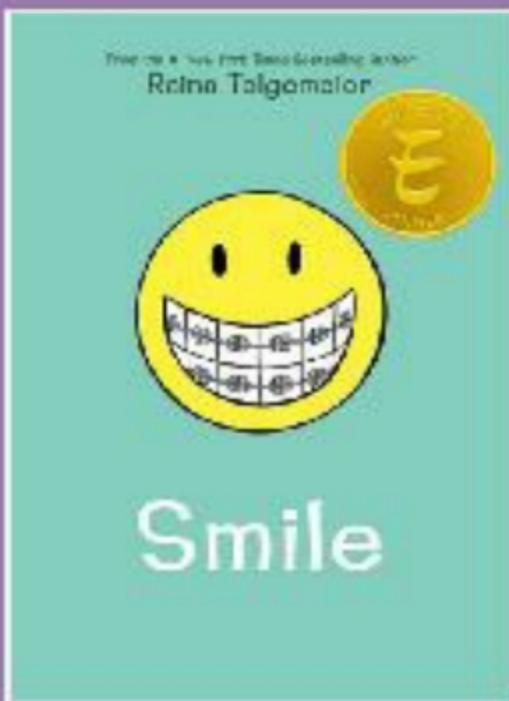
I've been tested for everything from celiac disease to Crohn's disease to ulcerative colitis,

and, after many negative results, I've learned to accept that there's nothing medically "wrong" with my stomach. I just have a sensitive system and must be careful about what I eat. My anxiety also affects how my body feels! So when I'm stressed out, I'm more likely to have digestion issues.

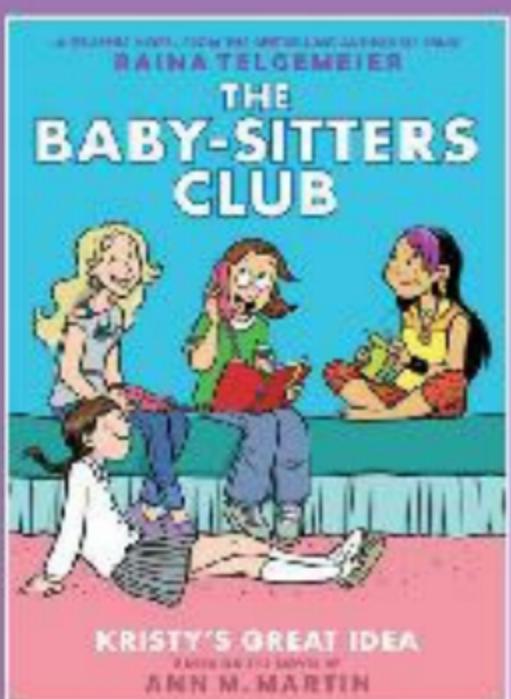
I want to make sure my readers know that this is my personal story. You may recognize some of my struggles, or yours might be totally different. You might not experience physical or emotional stress at all. If you do find yourself feeling stressed, or you're hurting in a way that you don't understand, please talk to an adult you know and trust. I was very lucky to have people in my life who supported me and helped me find ways to feel better.

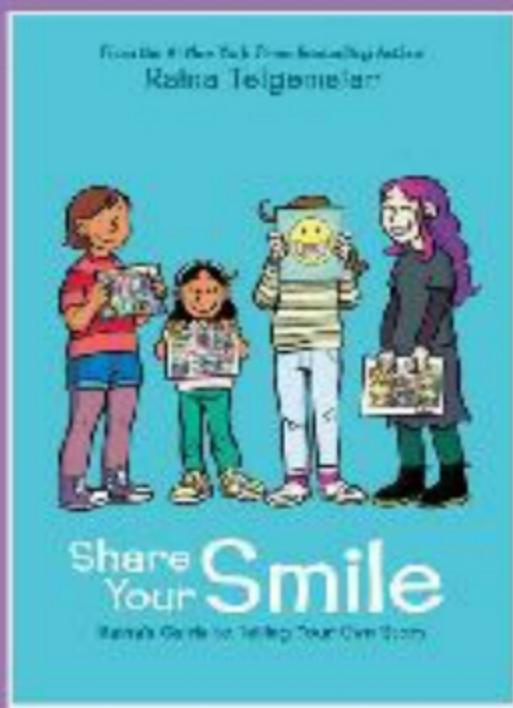
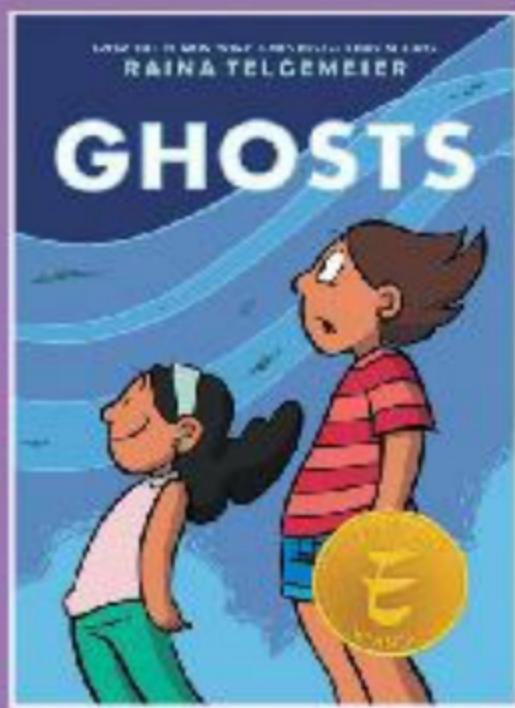
Finally, I want to encourage you to talk about how you feel. You can write it down, draw pictures or comics, make music or plays, or simply share with your friends. It takes guts to admit how you feel on the inside, but chances are, others will be able to relate. You won't know unless you try!

Also by
Raina Telgemeier

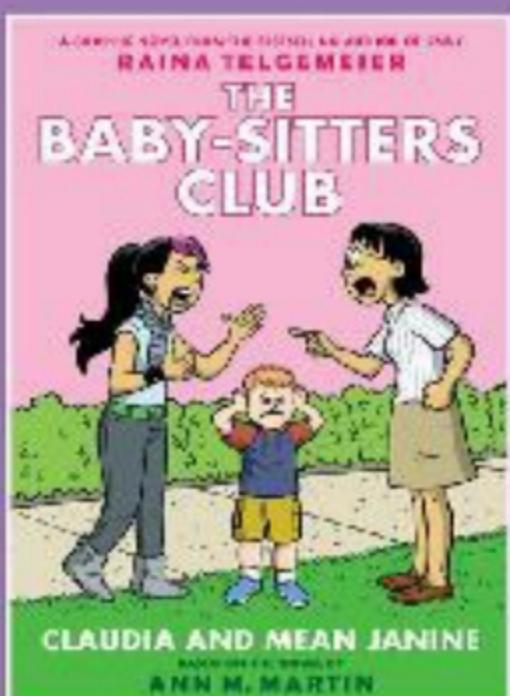
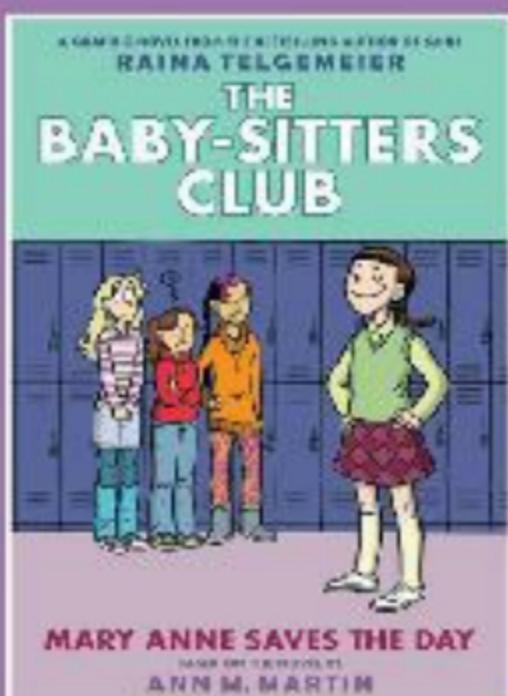
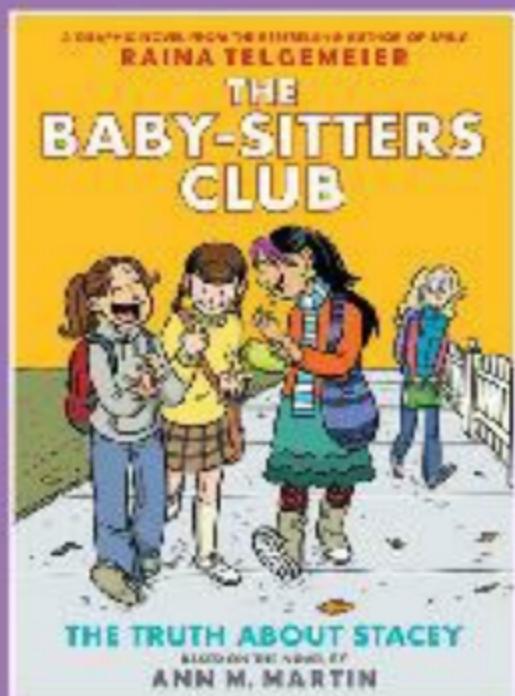


By Ann M. Martin
and Raina Telgemeier





Interactive Journal





Raina Telgemeier is the #1 New York Times bestselling, multiple Eisner Award-winning creator of *Smile* and *Sisters*, which are both graphic memoirs based on her childhood. She is also the creator of *Drama* and *Ghosts*, and is the adapter and illustrator of the first four *Baby-Sitters Club* graphic novels. Raina lives in the San Francisco Bay Area. To learn more, visit her online at goRaina.com.

